APPLE

This easy chart shows when fresh apples are available in the shops throughout the year

		JAN	FEB	MAR
CANADA	*Jonathan*	●		
	McIntosh	●		
	Golden Russet	●		
	Delicious	●	●	
	Rome Beauty	●	●	●
	Winesap	●	●	●
SOUTH AFRICA	*Dunn's Seedling*			●
	Golden Delicious			
	Red Delicious (Starking)			
	Rome Beauty			
	White Winter Pearmain			
	Granny Smith			
NEW ZEALAND	*Cox's Orange Pippin*			●
	Jonathan			
	Delicious			
	Golden Delicious			
	Granny Smith			
	Sturmer Pippin			
AUSTRALIA	*Cleopatra*			
	Jonathan			
	Delicious			
	Granny Smith			
	Democrat			
	Sturmer Pippin			
UNITED KINGDOM	*Laxton's Fortune*			
	Worcester Pearmain			
	Lord Lambourne			
	Cox's Orange Pippin	●	●	
	Laxton's Superb	●	●	●
	Bramley's Seedling	●	●	●

CALENDAR

PR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

An Apple A Day

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ROBERT OLIVER

AN APPLE A DAY

No fruit is more to our English taste than the Apple. Let the Frenchman have his Pear, the Italian his Fig, the Jamaican his farinaceous Banana. . . . For us the Apple is King.

EDWARD BUNYARD
The Anatomy of Dessert

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Introduction

LET'S make more use of the apple. It's the most popular fruit in the world, with good reason, and one that is particularly British, too. I can never understand why people still think of apples as just the saucy accompaniment to roast pork or goose, as a filling for a pie or as the nursery baked apple or dumpling.

Britain's heritage is rich in traditional sweets and puddings based on the tart delights of the apple: dumplings that George the Second would have been proud to claim his own (once he had discovered how to get the apple inside), Princess Charlotte's 'apple charlotte' and the wicked Duke of Cumberland's favourite apple suet pudding. I want to share with you in these pages my discovery of just how varied and delicious this incomparable fruit can be; take you down the byways of early English cooking, when the apple was the undisputed 'King of Fruits'; and introduce you to the delights of apple recipes gathered from my friends and from chefs and restaurants all over the world.

This book of 366 apple dishes – one for every day of the year (and a bonus one for Leap Year) – is packed with recipes guaranteed to make your reputation as an imaginative cook. For here are the best of all possible sweets and puddings,

pies and pastries, custards and cream cakes, soufflés, sherbets and mousses. Here are countless French, Swiss and German casseroles of apples and meat, apples and poultry, apples and game; tart summer salads from Australia vie with spicy apple soups from South Africa and a host of savoury cocktail canapés and apple snacks from Canada and New Zealand to tempt your palate.

Every one of these recipes has been thoroughly tested in my own kitchen. They all work beautifully and are old favourites with my family. The apple is the best known of the world's fruits. Why not get to know it better yourself? If you do, you will find that you and your family have set out on a marvellous voyage of discovery that will continue to delight and surprise you over the years to come.

1 · Ever Since Eve

EVER since Eve, languishing in her idyllic Garden of Eden, was tempted by the Serpent to take a fatal bite of an apple, the lure of that succulent fruit has never failed to entice. Its virtues are extolled in the world's earliest literature; from time immemorial it has been a symbol of health and knowledge, perpetual youth and romance.

Small wonder that so many races have linked the apple with Paradise. In the legendary Garden of Hesperides grew golden apples, guarded by nymphs; Hercules braved all kinds of dangers to obtain some of this fruit. The judgment of Paris was confirmed by his handing a golden apple to Aphrodite; his reward, the most beautiful woman in the world, was Helen of Troy, cause of the Trojan War. Avalon, the elysium of Celtic heroes, where King Arthur went to be healed of his wounds, was an island of apple trees. In Polynesian mythology, a sacred apple grew in their particular paradise, while in ancient Ireland the apple tree was the tree of immortality and to cut it down was a capital crime.

In ancient times the apple grew wild on the Black Sea's southern shores, in the same general region where anthropologists think that mankind originated and also about where Biblical historians place the Garden of Eden. Probably the

apple was the first fruit ever cultivated by man, for carbonized apples ten to fifteen thousand years old have been found among the remains of prehistoric Swiss and Italian lake dwellings: thousands of years before that cavemen sketched them on the rocky walls of their homes. The ancient Egyptians thought so highly of them that three thousand year old pips have been found in the Pyramids – the apple was deemed worthy to be taken into eternity by the Pharaohs themselves. The Romans also loved apples – Cato named seven different varieties two centuries before Christ.

It was the Romans who introduced apples into Britain during their occupation. The trees they brought from Gaul thrived so wonderfully in Somerset that gourmets of the ancient world were already looking upon English apples as the finest to be had. Monasteries, which preserved the civilization of Rome throughout the Dark Ages, kept up these orchards and a number of choice varieties had been established by the end of the thirteenth century. They were cultivated even in London – in the royal gardens at Westminster and the Tower, at Westminster Abbey's Convent Garden (now the country's largest fruit market) and on the great noblemen's estates along the Strand shore of the Thames.

The names of two of these varieties are still familiar – the Pearmain and the Costard. The old English Pearmain was the country's favourite eating apple right up to the eighteenth century. Its rival, the Costard, was the oldest important variety of cooker and remained popular for apple pies right up till Shakespeare's time. Even today, you can still find them growing in some old cottage gardens. I have one aged tree behind my Tudor house in Sussex and still bake good pies from it.

It was Henry the Eighth's enthusiasm for apples which resulted in the growing of new varieties of apple trees that produced fruit more like that which we enjoy today. He sent his chief fruiterer, Richard Harris, to France with orders to bring back 'a great store of graftes, especially pippins'. Previously, foreign fruit had been imported for the English

Court. Harris 'tooke a peese of ground belonging to the King in the Parrish of Tenham in Kent, whereof he made an orchard, which orchard is the chiefe mother for all those kinds of fruits in Kent and divers other places'.

And today Kent, the Garden of England, is Britain's most important apple growing area.

Commercial fruit growing had reached the standing of an industry by the end of the seventeenth century, and the eighteenth century saw the rise of the professional nurseryman. But the discovery of new varieties was still largely a matter of chance. The apples we eat do not grow from seed – from apple pips. They are brought into existence by a kind of surgery. All the Cox's Orange Pippin trees in the world, for instance, are descended from cuttings taken from the original tree that Mr. Cox grew by chance in 1830. This retired brewer had planted two pips from a Ribston Pippin in a flower-pot. One seed grew into the first Cox's Orange Pippin, the other one into the first Cox's Pomona: both good apples. Mr. Cox was lucky, for apples do not breed true. If you sowed a thousand apple pips, only one or two would grow into trees bearing eatable apples. To find out whether they were eatable, the thousand young trees would have to be cultivated for about six years – they would not bear fruit until then. Even those two, though eatable, might be no improvement on existing varieties. The other nine hundred and ninety-eight would have reverted to crab-apples, from which all our dessert apples are derived. Even if a thousand pips of the first Cox's Orange Pippin were planted, it is unlikely any would be a replica of the parent and most would be crabs.

The Bramley cooker also started by accident. In 1805 a little girl, just for fun, planted an apple pip in the garden of a Nottinghamshire cottage. No one knows where that pip came from, but it took root and was tended by the girl until it became a tree. Then it began to bear fruit which was tremendously popular locally. During the next fifty years or so, the little girl, now herself a mother and then the grandmother

of a large family, gave away many cuttings to friends that were grafted on various trees in the neighbourhood and the new variety became recognized as a better late cooking apple than any in existence. So much so, in fact, that a local nurseryman went to the owner asking permission to distribute the apple commercially. He was told that he could do what he liked, so long as the variety bore the family name of Bramley. Cuttings went into a hundred nurseries initially, and so the fame of Bramley's Seedlings spread. Now there is hardly a garden that boasts an apple tree that has not got a Bramley Seedling. In Britain alone, nearly three million flourish and cuttings have been sent to every corner of the earth.

The mother tree, from which so many hundreds of millions of apple pies have come, still exists and still blossoms each year in the cottage garden where it was so tenderly planted a century and a half ago.

* * * * *

Apples, so long popular in England, soon started to spread around the world. As the first settlers set sail for Canada and Australia, South Africa and New Zealand, they took apples with them as a necessary staple and regular treat. Captain Bligh of the *Bounty* brought the first apple seeds to Australia. Jan van Riebeeck, founder of the Cape Settlement, carried them to South Africa. The *Mayflower* itself took them to America, and later, when the great westward migration started, a few young apple trees, planted in boxes of earth, were thought valuable enough to be trundled in the covered wagons three thousand miles across the prairies and mountains to the Pacific.

By 1850, the first apples from these overseas plantings were being shipped back to this country, and now a large proportion of the apples eaten in Great Britain are imported from the Commonwealth.

But this country still keeps its lead. British research in the present century, for instance, particularly at East Malling in Kent, has revolutionized cultivation methods all over the

world to such an extent that two and a half apples now grow where only one grew less than twenty years ago. These scientific methods of fruit production now yield apples which are almost clinically accurate in size, colour, flavour and texture. Apple growing is no longer a haphazard business of 'plant it and chance it'. It is a precise production job, designed to produce a given apple for a given market and a given purpose.

The modern grower's list of sprays for cultivation and the prevention of disease reads like a medical dictionary, every prescription yielding a known result. His pruning tools are handled with the delicacy of a surgeon's knife to produce a pre-determined size of apple, his orchard soil treated to form the right character for his fruit and even the grass between his trees sown for its proven effect upon his harvest. And every apple grown within these close limits is again graded to even more highly critical specifications of size and quality when it reaches one of the giant packing houses, which daily feed our local markets and shops with consignments of freshly cleaned and packed fruit.

Today, an apple is available to please every taste. Our desire for them has become so insatiable that we need two harvests now, not one, and call on countries south of the Equator, like Australia and New Zealand and South Africa, to supply us with fresh fruit off the trees during our Spring and Summer, when the British and Canadian crops have all been eaten up.

By a miracle of science the apples from the Southern Hemisphere are literally sent to sleep for their long voyage to this country, so that they arrive here as fresh as the day they were picked from the tree.

Fresh apples on every day of the year – that dream has been achieved. But, still, we never seem to be able to get enough of them. Soon we shall be eating over a million tons of apples, by far and away our favourite fruit, every year.

2 · Know your Apples

Do you take pot-luck when you ask for a pound of apples? If the answer is 'Yes', the chances are that you don't always get the sort of apples that you really like, which is a shame because, as Edward A. Bunyard says in his classic *Anatomy of Dessert*, 'There is in the Apple a vast range of flavours and textures, and for those who adventure in the realm of taste, a field for much hopeful voyaging.'

The truth is that apples are very like wines. They, too, have their optimum moments of taste, texture and aroma. And with so many apples from so many lands available in the shops throughout the year, it is often difficult for the home cook to tell which apple is best suited to her needs at any given time.

Some families look for a rich aroma and a spicy flavour in their apples: for them Cox's Orange Pippins, Laxton's Superb and the Sturmer Pippin fit the bill. Others like their apples tart, crisp and green-tinged, like the famous Granny Smith, the White Winter Pearmain and Dunn's Seedling. For those who prefer a softer textured, sweeter apple, the Royal Red McIntosh and the Delicious family – Delicious, Golden Delicious and Red Delicious – live up to their name.

The profiles below describe the taste, appearance and

adaptability of the various kinds of apples you will be able to buy in your local shop. Study them carefully, so that next time you go shopping for apples, you will know that you are getting the ones you will enjoy the very most.

Bramley's Seedling

Sometimes called the greatest cooking apple in the world, this English fruit is large and round, somewhat irregular and quite flat, usually with four distinct knobs at the top. It has a greenish-yellow skin, conspicuously marked with a light red flush, over which there are dark red broken stripes. Sometimes, the red flush covers most of the apple.

The Bramley keeps firm and well and cooks to perfection, producing plenty of rich juice and no hard pieces. You'll find it has few equals for making apple sauce, apple dumplings, or for bottling. I like to bake Bramley's, too, stuffed with brown sugar, butter and raisins, and basted with orange juice. Wonderful when served cold with cream as a tart flavoursome eye-opener at breakfast. Variation: Remove skins and pile fluffy apple purée, juices and raisins into sweet glasses. An added plus for Bramley lovers: it's vitamin content is the highest of any apple.

Cleopatra

The Cleopatra comes to us from Australia, an excellent eating apple and a very good cooker when green. I like to use the Cleopatra in open-face pies, when I want apple slices to keep firm and keep their shape.

Unlike her namesake, the Cleopatra transports very well – a good, firm apple, medium-sized, oblong and rather conical in shape. When ripe the skins turn a glowing lemon-yellow.

The flesh of the Cleopatra is pearly-white with a fresh acidity and spicy aroma.

Cox's Orange Pippin

The Cox's Orange Pippin is England's most famous eating apple. H. V. Taylor in his *Apples of England* claims, "The

superb quality of the English grown Cox suffices to rank it as the greatest apple of this age and the readiest seller in all markets.'

Average-sized, round and somewhat conical, the skin of the Cox is thin and fine and extremely smooth. On the shaded side, a cool green-yellow, but a dusky red flush spreads over as much as half the apple on the sunny side. Patches of grey russet ornament the coloured part and, as the apple ripens, the colourings are greatly intensified.

A bite into a juicy Cox at its best is a step nearer heaven; the yellow flesh crisply juicy, with a full aromatic perfume and flavour. The spicy flavour of the Cox makes it a perfect partner for port and nuts. I like to use it, too, in the French manner – halved and then cut in thin slices almost to the centre so the slices do not separate; set on a small round of puff pastry just a quarter of an inch larger than the apple, dusted with sugar and lemon juice and baked to a golden perfection. Try it.

Raised in 1830, reputedly from a Ribston Pippin pip, Cox's Orange Pippin, the pride and joy of Mr. Cox himself, was introduced to commerce in 1850. A famous authority said of it in 1870: 'This beautiful apple is the best modern addition to the dessert table: excellent in flavour, and very handsome. It ranks in excellence with the Ribston Pippin, Golden Harvey and Nonpareil, and is more beautiful than any of them.' And so it is.

Delicious

The Delicious is a deservedly popular eating apple with crisp, juicy flesh and mildly aromatic flavour.

Medium to large in size, oblong in shape, ending at the apex in five prominent bosses. The colour is basically yellow, washed over with light red and broken crimson streaks.

Dunn's Seedling

The Dunn's Seedling is a large, rounded, slightly flattened apple which keeps well. Colour is greenish-yellow shading

to bright yellow when ripe, sometimes with a soft pink blush, usually russetted at the stalk.

The flesh of the Dunn's Seedling is white, sub-acid, and aromatic. It is mainly a cooker, but more and more people relish its rather distinctive, tart flavour as an eating apple. Use the Dunn to add crisp flavour to a fruit salad or dice it and combine it with diced cooked beef and finely chopped shallots, parsley and garlic, dressed with a *vinaigrette* sauce, for an appetizer of distinction.

Golden Delicious

Average to a large size, tall and elegant looking, the Golden Delicious lives up to its name. It has a smooth skin of a clear, all-over-creamy-yellow, faintly beauty-spotted with cinnamon russet and starred with russet at the stem.

The flesh is creamy-looking, clean and crisp to eat, not very hard and full of mild sweet flavour. The Golden Delicious combines well with its cousin the Red Delicious, when cored and sliced, but not peeled, to add colour and flavour to fruit and cheese salads.

Granny Smith

The Granny Smith is my favourite kind of apple, handsome bright green, its skin is smooth and shines easily, its flesh is firm and crisp, dazzlingly white and full of juice. The flavour is tart and quite delicious. This is the sort of apple that has crunch appeal and eye appeal – it looks as good as it is to eat.

The Granny Smith originated in Australia, discovered in 1850 at Ryde, in New South Wales, by its namesake, an English immigrant called Mrs. Thomas Smith. She planted an entire orchard with trees propagated from her seedling and the fine qualities of this fruit enabled her to make it the sole support of her large family. The name came because, when she shipped her fruit to market she marked the cases 'Apples from Granny Smith.'

Jonathan

The Jonathan is a good eating apple and a fair cooker.

Of medium size, rounded and narrowing towards the top, it presents a most attractive appearance with a bright red flush over the exposed surface, the remainder softly streaked with red over a creamy yellow ground. The flesh is crackling, crisp, pleasantly tart in flavour and very juicy.

Said to be a seedling of Spitzenburg, the Jonathan was discovered in about 1828 on a farm in Kingston, New York, and was named after a local resident, Jonathan Hasbouck, alleged to have been the origin of 'Johnnie Appleseed'. The Jonathan is the cheerful red apple which figures in the legend.

Laxton's Superb

Another of my favourites, the Laxton's Superb, is a comparatively new English eating apple.

A fairly large fruit, regular and a little conical, it has a yellowish tone, streaked with grey russet, slightly resembling the Cox's Orange Pippin, but softer and duller in colouring, lacking the vividness of the Cox.

Its flesh is white and richly sweet, soft and juicy with a faint flavour of the Orange Pippin. It is not highly aromatic, but is in its own way, distinctly choice.

The Laxton's Superb was introduced by Messrs. Laxton and is reputed to be a cross between the Cox's Orange Pippin and the Wyken Pippin.

Lord Lambourne

This is also one of the new English apples, raised and introduced in about 1921.

Lord Lambourne is round, regular, sound and sweet. The greenish-yellow skin, with dark dots on the shady side, burnishes to broken deep red stripes and an overlying flush on the sunny quarter. The flesh is greenish-yellow, soft and gently sweet, with a markedly pleasant flavour.

Lord Lambourne was raised by Messrs. Laxton of Bedford and won the Royal Horticultural Society Cup as the best

seedling apple for 1921 and 1922. Its immediate antecedents were the James Grieve and the Worcester Pearmain.

McIntosh

The McIntosh, the best known American and Canadian apple, is an excellent eating apple well-known for its distinctive aroma and its 'tangy' flavour. It is small to medium size and evenly rounded. The colour is a handsome deep rich red, the kind of apple one automatically polishes before setting it in the fruit bowl. The flesh is firm and crisp without being hard, white in colour, neither acid nor over-sweet. It is wonderful for cooking, too. It cooks soft and smooth.

The McIntosh was discovered growing wild in the woods near Dundela, Ontario, in 1796, by John McIntosh, who claimed it for his own.

Red Delicious (Starking)

This brilliant scarlet apple has a 'trade-mark'; five prominent bosses at the blossom-end mark out your Delicious from other apples. The flavour is rich and mild, the flesh fine-grained and tender.

It is a welcome addition to the salad bowl, but its perfect place is on the dessert tray. High-flavoured cheeses really need this apple for company, the blend of flavour is just right.

The Starking was introduced by Stark Brothers of Missouri, and is a bud sport of the original Delicious, but as its name suggests, it is more highly coloured.

Rome Beauty

A good eater, the Rome Beauty is Canada's favourite cooker. Looks vary; it could have a bright carmine-striped red flush or it could resemble dark red satin. The flavour is brisk and fragrant. The flesh is crisp and juicy.

Canada's best cooks use this apple for picture-perfect baked apples and so can you. You can also use it for all oven-apple dishes. Add lemon and spice, and you'll get an extra-rich, full-bodied sauce, but remember, the Beauty's not for frying.

Sturmer Pippin

The Sturmer Pippin is a large autumnal-looking apple, rounded, conical, unevenly sided and somewhat flattish in appearance. The skin is basically a yellowish green, deepening to a tawny flush, touched with russet. The flesh is yellow-toned, very firm and crisp, extremely juicy and of a pleasant spicy flavour.

The Sturmer Pippin keeps wonderfully well, is excellent for dessert and is a splendid cooker.

The Sturmer Pippin was raised at Sturmer, in Suffolk, about 1880, by a Mr. Dillistone, of parents of impeccable quality, the Ribston Pippin and the Nonpareil.

White Winter Pearmain

This attractive dessert apple is medium-sized and well-formed, slightly conical at the stalk end.

As an eater it is of particularly good quality, as its smooth, clear skin and delicate green colour, sometimes faintly blushed with red, suggests.

The flesh of the White Winter Pearmain is sweet and running with juice and pure white in colour. The texture has a crisp glossiness which breaks with a crack as you bite it.

For certain sweets decorated with poached and tinted apples, the White Winter Pearmain is excellent, as its flesh does not break down in cooking as some of the more acid varieties do.

Winesap

You'll know a Winesap by its sleek, dark red skin, brushed with wine-tinted stripes and a sprinkle of tiny white dots. The juicy flesh is creamy-toned and carries a faint 'wine-stain' below the skin. Tart pies and lively sauces are its speciality – but don't over spice. Fried apple rings are Winesap winners. As for Toffee Apples, these go right to the top of the class.

Cortland

Look for a large, strikingly handsome apple, blushing bright red with an inviting bloom. The flesh is pearly white and sweet, very agreeable to the taste of those who enjoy a mellow apple.

Young children love a Cortland as the flesh isn't too hard. Its regular shape makes it very attractive for apple cups, when you scoop out the flesh and fill the resultant case with a sweet or savoury salad mixture. It comes from Canada.

Golden Russet

This is a country connoisseur's apple. Old-time farmers in Canada consider the flavour and texture of this apple unparalleled and prefer it to any other variety. The skin is a rich-hued russet without any underlying colour, as the name implies. The flesh is creamy, lightly crisp and sweetly flavoured.

The Golden Russet maintains its character equally well as a cooker or a dessert apple, and some people are convinced this is the apple to blend with pears, either for eating, salads or cooking. They could be right.

Rokewood

Red mottled, striped or splashed on a greenish-yellow to yellow background, this Australian apple is small to medium sized and is both a dessert apple or a cooker. The flesh is creamy white, juicy, acid and hard, and the apple keeps well.

Statesman

Flattened conical in shape, the Statesman from Australia is medium to large and has a red flush or stripes on a greenish-yellow to yellow background. The flesh is a greenish-white and this apple is a good keeper.

Dougherty

The Dougherty comes to us from New Zealand. This apple

is small to medium in size with a greenish-yellow under-skin, largely overspread with a warm bright red.

The flesh of the Dougherty is firm to the bite and the flavour is mildly sweet.

It is a particularly good apple for long-term storage, which makes it a valuable export from New Zealand to this country.

Gravenstein

An old German variety, said to have originated in the garden of Grafenstein Castle, in Holstein, sometimes in the 17th century. Now much grown in Canada and New Zealand.

The fruit is of medium to large size, greenish-yellow to orange-yellow streaked with red, the flesh crisp and juicy, with a rich, aromatic flavour.

3 · Apples for Health

EATING is for fun. And for health. And when the two combine as perfectly as they do in the apple, we really are in luck.

Man has known for centuries that apples were good for him. Variations of the familiar saying, *An apple a day keeps the doctor away*, have been found right back in the earliest English books and doctors themselves have long prescribed apples for their nutritional, protective and regulative qualities.

Yet only now are we discovering, through intensive scientific research, just what is in an apple and how apples affect bodily structures and functions. So far, we have discovered that apples provide dietary balance and significant amounts of minerals and vitamins. Also, their fruit sugars supply quick energy. The juice of an apple, when you eat it, leaves behind an alkaline residue in the body which is universally agreed to be a help in recovery from colds, influenza and virus infections. The malic acid in an apple is one of its most valuable properties, for it dissolves deposits of lime in the body and so is especially good for rheumatism, fibrositis and arthritis – even for gout. It is a potent germ killer, acting both in the mouth and in the intestinal canal.

Apples have recently come to be recognized as of special value in the cure of many stomach upsets among both infants

and adults. In many cases of dyspepsia, dysentery and enteritis, the exclusive use of raw apples brings almost immediate symptomatic relief, the temperature drops within the first twenty-four hours, and in many cases, all symptoms of the disease disappear within forty-eight hours. This soothing effect of apples has been taken advantage of by many people who find apples a good cure for the results of too much to eat or drink. There are some who swear that as a cure for a common or garden hangover, an apple the morning after is not only most pleasant, but most effective, too!

Probably the most important medical uses of apples today, however, are those which concern those common everyday complaints – overweight, constipation and tooth decay.

The carbohydrate content of apples is small when compared with starchy foods, and apples are an ideal food for people who, for medical or aesthetic reasons, want to lose weight. An average sized apple contains about sixty calories. That apple will satisfy the urge for 'something to nibble on' without wrecking a reducing diet. Those sixty calories, you see, are spread out in time and satisfaction, while the soft bulk of the apple stops the hunger pangs without leaving a heavy feeling.

One of the commonest human complaints is constipation. Now, in nine cases out of ten, this bondage, with all its further and more serious consequences, is due to improper food. This being the chief cause, a correction of diet will bring the most satisfactory and reliable cure. For the real cause of constipation in almost every case is lack of *bulk* in the diet. The fibre content of apples is an ideal bulk medium and doctors recommend apples as a pleasant non-habit-forming relief from constipation. There is hardly a case which cannot be permanently cured by the addition of two or three apples to your daily diet, say the doctors.

The best time to eat them is at the end of each meal, for the cleansing effect of apples keeps gums and teeth in tip-top condition, too. And on a healthy mouth depends the easy digestion of all our food.

Bad teeth, as any doctor will tell you, are a real danger to our general health. If not attended to, they can cause poison in our gums that will eventually spread throughout the whole of our blood stream. But perhaps the most alarming fact of all is that dental disease is not confined to grown-ups alone. Although our children are healthier than they have ever been, they are suffering from more dental disease than they have ever had before: and it appears to be increasing.

It is unhappily true that dental disease has become the most widespread degenerative disease in Great Britain today. And it is a real and serious disease with far-reaching and lasting effects. Its prevalence among school-children is shockingly high and has doubled in the last ten years! Today, 98 per cent of all school-children in this country suffer from dental disease. That means that only two children out of a hundred still have perfect teeth: and their school years are a crucial period in keeping them. All or nearly all their less fortunate school fellows could have better dental health – with all its benefits in attractiveness and general health – by understanding that it is a practical goal and going after it.

For healthy teeth and mouths do not 'just happen'. There are three main requirements:

(1) Good diet and eating habits.

(2) Prompt and thorough cleaning, not only with a toothbrush, but by taking advantage of foods that cleanse naturally.

(3) Professional care and guidance by a dentist at intervals he recommends for each individual.

Tooth decay, unfortunately, cannot be prevented by doing any one thing, like being vaccinated. But a large proportion of dental disease can be avoided. The factor least understood and most commonly neglected is the importance of what we eat and when we eat it.

Dental science still has a great deal to learn about the causes of tooth decay, but this it does know. Tooth decay

is not a natural condition. Rarely does an animal in its natural state lose a tooth through decay. Tooth decay is, in fact, a disease of civilization.

The blame for the attacks on the enamel surface that start decay lies with the particles and films left on the teeth by clinging food, particularly sugary and starchy food. By action on these clinging residues of food, a bacterial formation of acids begins almost at once. In small spots on vulnerable teeth, the acid concentration can become strong enough to damage the enamel within a half-hour. With repetition of such attacks over a period of time, the result is decay. Since some people, and especially children, eat (from the dentist's point of view) as many as thirty meals a day, you can see how the damage is done. For every sweet, every biscuit, just as effectively clogs up your mouth with dentally dangerous mess, as would a three-course dinner.

We must learn, therefore, to watch the order in which we eat our foods. For raw food is self-cleansing and exercises the gums. And gum disease, from which so many people lose their teeth, is caused simply by lack of dental exercise, that is, lack of chewing. By the simple reorganization of the order in which we eat our meals, therefore, we can greatly reduce the amount of tooth decay.

The food we eat nowadays is too cooked, too soft. Cakes and bread, minced meats and tinned vegetables, blancmanges and jams, none needs much chewing, not even biting. That is why in recent years, dentist's attention has more and more been focussed on the apple's contribution to dental health. The flesh of the apple is unique in its juicy crisp consistency and is, therefore, especially effective in cleaning the teeth and massaging the gums. The detergent action of the apple flesh in chewing removes surface bacteria from even the hard-to-reach places between the teeth. Experiments have shown that apples have the highest efficiency rate of all for cleaning the teeth and gums – 95.5 per cent, compared with toothbrushing for three minutes, which is only 64 per cent effective. As the last food eaten at a meal, therefore, an apple combines a

delicious dessert with a highly effective cleanser for teeth and mouth.

Apples have a double function to perform. For eaten raw, they are not only self-cleansing, but will largely clean up existing mess; that is, mess already there, the mess left there by other foods. An apple is Nature's toothbrush. And an apple is not only cleansing to the teeth on account of its juices: it is just hard enough to act mechanically by pushing back the gums so that the borders are cleared of deposits.

All fruit and vegetables eaten raw are self-cleansing. Many fruits are good natural toothbrushes. But the particular virtue of apples is that they are so easy and clean to carry about, they require no tools to eat them, only your hands, and they are not messy to eat. So slip an apple in your pocket if you are eating out or order one to end your meal with.

Now, here are three secrets for good health. To the appearance-conscious (and who is not nowadays) these facts should be especially interesting, since normal metabolism and regularity promote clear complexions and trim figures, while sound, clean teeth, a good smile and sweet breath further enhance one's attractiveness.

1. *Appetite:* Bad teeth and gums are often a sign of a kind of starvation, not because we do not get enough to eat, but because we do not realize the importance of what we eat. Children, particularly, drink soft drinks at all hours and eat sweets and other snacks between meals. This spoils their appetite for the things their bodies need and must have. At mealtime, then, take a healthy appetite to the table, to enjoy the foods you need – first.
2. *Think:* Especially at snack time, make a choice. Choose foods that you know are not harmful to teeth. Such foods include milk, nuts and fresh fruits and salads. You not only avoid things that may be harmful to teeth, you give yourself more of the vitamins and minerals you and your teeth need.
3. *Order:* Watch for this difference between kinds of food. Some of them leave the teeth unclean. Other foods cleanse

as you eat them, leaving teeth bright, fresh-feeling and attractive. So watch the order in which you eat your food, especially at the times when you cannot brush your teeth immediately. Now that you think about it, doesn't it make sense to end your meal with a crisp juicy apple?

Since the earliest times, the apple has been hailed as *the fruit of the tree of life*. Now modern research has confirmed what our ancestors guessed by instinct.

4 · Better Breakfasts

THE wonder of the continental visitor, the British breakfast, is in real danger of dying out. Gone for good are the days that Consuelo, Duchess of Marlborough, still remembers, when the guests at Blenheim appeared at the breakfast table, already jewelled, to eat a meal that would satisfy most of us for a whole twenty-four hours. A dozen silver-covered dishes on the sideboard, a spirit lamp beneath each, concealed kidneys, broiled, devilled or sautéed, and chicken livers and bacon; sausages and eggs, sometimes scrambled, often boiled. Fried mushrooms and kedgeree, grilled kippers and smoked haddock, were flanked by a York ham and a large brawn, while porridge was available for the heartiest eaters and everyone finished with toast and marmalade or some paste or relish. No wonder Somerset Maugham said that if you wish to eat superbly in England, you should breakfast three times a day!

What a decline we see today. Aping the Americans, we have turned this feast into a snack, and breakfast has become an essentially unsociable meal. Toast and tea, perhaps a cereal, are not enough. For at breakfast-time one has to be tempted, even titillated into eating. Even bacon and eggs, day in, day out, become a bore. Try varying the menu and

slipping in occasional new breakfast treats and you will make it a meal your family will look forward to.

Even on workdays, they deserve breakfasts that are extra special, for no one brings a roaring appetite to table first thing. And yet doctors tell us breakfast is the most important meal of the day: it should be as large or almost as large as the other two. Scientific tests have proved that people who eat an adequate breakfast are more alert mentally and work more efficiently than those who do not. The results were the same even when the 'skip-breakfast group' made up for it by eating the same amount of food spread over other meals during the day.

For those on a calorie-counting programme, all you need do is a bit of adjustment. Because your calorie intake is lower than normal, it is more important than ever for you to eat one-third to one-quarter of your day's calories at breakfast time. You won't gain weight, but you're bound to gain a new spurt of morning well-being.

At week-ends and on holidays, breakfast should be a marvellously leisurely meal, when you can really let yourself go. Try asking some friends in to share your meal. You have no idea how flattered they will be, for most people feel that to be invited to breakfast is to be accepted as very close and dear. The very informality of the meal makes it extra fun – and not much extra work.

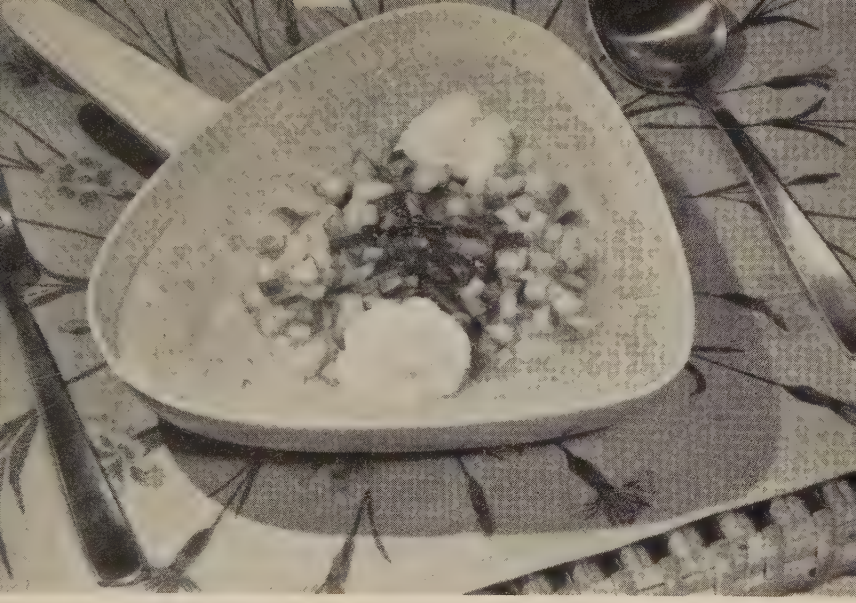
So put a little variety and excitement into breakfast menus. Try these delicious apple recipes – the clean tang of a fresh apple adds a wonderful 'wake-up' note to breakfasts – and you'll have a happy family all through the day.

SWISS APPLE MUESLI

Dr. Bircher-Brenner at his famous Health Clinic invented one of the most renowned apple dishes in the world with his Swiss Muesli breakfast. It is a combination of cereal and fruit and requires no cooking. This is a favourite version:

For 1 person you need:

1 tablespoon whole oats Juice of ½ lemon



Swiss apple Muesli

2 tablespoons cold water
2 eating apples, grated or finely diced
1 tablespoon double cream
Clear honey

Place oats in a bowl. Add water and soak overnight. Just before serving, wash, dry and grate apples into the oat mixture, and stir in lemon juice and cream gradually. Add honey to taste and stir until thoroughly blended.

This Swiss Breakfast, or Apple Muesli, is a famous health breakfast . . . and one which is delicious as well as healthy when served out of doors in the summer sun.

SUPER APPLE MUESLI

For 1 person you need:

2 tablespoons porridge oats
4 tablespoons cold water
2 small eating apples
Juice of $\frac{1}{2}$ lemon
1 dessertspoon skinned toasted hazelnuts, chopped
1 dessertspoon sultanas or raisins
2 tablespoons double cream
Demerara sugar

Place oats in a bowl. Add water and soak overnight. Just

before serving, wash, dry and grate the apples, and put half to soak in lemon juice to preserve colour.

Mix remaining apple thoroughly with soaked oats, nuts, sultanas and cream, and add sugar to taste. Turn into a serving bowl and garnish with remaining grated apple, a few sultanas and some chopped nuts.

APPLE YOGHOURT

Apple Yoghourt makes another healthy beginning to a warm summer morning.

For 1 person you need:

2 eating apples
Juice of ½ lemon
1 jar Yoghourt
Sugar, or clear honey

Core and peel eating apples and slice them thinly into a bowl in which you have squeezed the lemon juice. Then, into another bowl, pour the Yoghourt; mix three-quarters of the apple slices with this, reserving the remainder to decorate the top of the dish. Sprinkle with sugar or clear honey and serve chilled for a refreshing and invigorating start to the day.

QUICK STEPS TO A COOL BREAKFAST

Tired of Fruit Juice? Then try this variation before starting on your morning cereal . . . icy fresh apple purée, slightly sweetened, with a suggestion of cinnamon, whisked up and piled in individual cups;

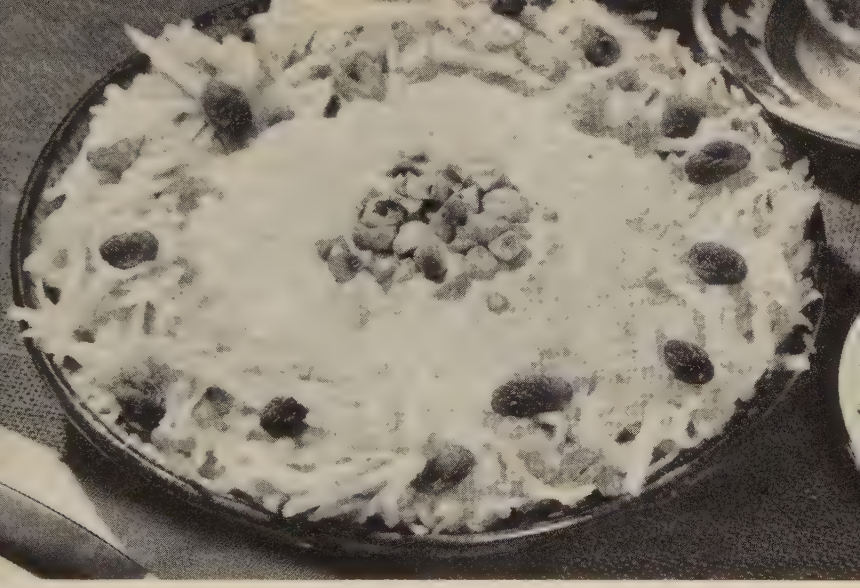
or – grated eating apples, honey and cream;

or – a cold baked apple, core cavity filled with cream and topped off with a spoonful of demerara sugar;

or – apple juice julep.

APPLE JUICE JULEP

1 handful fresh mint leaves
2 teaspoons sugar
2 tablespoons hot water
1½ pints apple juice
1 eating apple, cored and sliced
6 sprigs of mint



Super apple Muesli

Combine mint leaves, sugar and hot water in a mortar; crush and divide into six glasses. Fill with crushed ice and top up with apple juice. Garnish each glass with 1 slice apple and 1 sprig mint. Serves 6.

APPLE OATMEAL

4 tart eating apples
2 tablespoons brown sugar
1 level tablespoon grated lemon rind
2 tablespoons raisins
¼ pint single cream
¾ pint cooked oatmeal
Butter
Cinnamon
Sugar
Cream

Core, pare and slice apples thinly into an oven-proof baking dish; sprinkle with sugar, lemon rind and raisins and cover with cream. Bake uncovered in moderate oven (375°F. Mark 4) for 15 to 30 minutes. Cover apples with cooked oatmeal; dot with butter and bake in oven for 10 minutes more. Dust with cinnamon and serve hot for breakfast with additional sugar and cream. Serves 4 to 6.

SAUSAGE STUFFED BAKED APPLES

6 large baking apples
¾ pound sausage meat
2 tablespoons grated onions
2 slices cooked bacon, chopped
Sage
Thyme
Salt and pepper
Parsley
4 tablespoons butter
6 tablespoons beef stock
6 rounds fried bread

Combine sausage meat, onion and chopped bacon with sage, thyme, salt and pepper, to taste, in a frying-pan and sauté mixture in a little butter until onions turn transparent and sausage meat is partly cooked. Stir in parsley. Wash and core apples; scoop out extra pulp, leaving large hollow centres. Pare apples one third of way down from stem end and set in well-greased oven-proof dish just large enough to hold them. Chop apple pulp, add to sausage mixture; mix well and stuff apples. Place a knob of butter on each one. Add 6 tablespoons beef stock (or hot water) and bake in a moderate oven (375°F. Mark 4) for about 45 minutes, or until apples are tender. Serve hot on rounds of fried bread. Serves 6.

HASH STUFFED BAKED APPLES

6 large baking apples
½ pound corned beef, chopped
3 large boiled potatoes, peeled and diced
3 tablespoons finely chopped onion
1½ teaspoons Worcestershire sauce
Salt and pepper
6 tablespoons stock or hot water

Wash and core apples. Scoop out extra pulp, leaving large hollow centres and pare apples one-third of way down from stem end. Chop apple pulp and combine with corned beef, diced potatoes, onion and seasonings. Mix well. Then fill centres of apples with this savoury mixture, set apples in oven-proof dish and add 6 tablespoons of stock or hot water. Bake in a moderately hot oven (400°F. Mark 5) for about 45 minutes. Serves 6.

Sausage stuffed baked apples

BAKED APPLES STUFFED WITH HAM

6 large baking apples
6 oz. finely diced cooked ham
2 tablespoons seedless raisins
2 tablespoons sautéed onions
Salt and pepper
3 tablespoons butter
¼ pint apple cider

Wash and core apples. Scoop out the insides and chop fine. Mix pulp with diced ham, raisins, finely-chopped sautéed onions and salt and pepper, to taste. Pack stuffing firmly in apple cavities. Top each apple with a knob of butter and place in a baking pan. Heat cider and pour over tops. Cover.

Bake in a pre-heated moderate oven (375°F. Mark 4) for 45 minutes to an hour, or until tender. Baste with apple cider at 15-minute intervals. Serves 6.

BAKED APPLES STUFFED WITH CHEESE AND BACON

6 cooking apples
6 slices bacon
¼ pound Cheddar
3 tablespoons butter
Paprika
Beef stock

Fry bacon slices until golden-crisp and drain. Wash apples and core them almost to the bottom. Pare skin from top third and cut away some more of the cavity to leave room for the stuffing.

Crumble bacon and dice cheese and stuff apples with this mixture. Place a knob of butter on each apple, with a little paprika, and place in a well-buttered baking tin or casserole. Add hot stock or bacon drippings and hot water to cover bottom of pan and bake in a moderate oven (375°F. Mark 4) until tender (45 to 60 minutes). Serves 6.

APPLE GRIDDLE CAKES

8 oz. plain flour
2 oz. castor sugar
1 teaspoon salt
2 level teaspoons baking powder
¼ teaspoon cinnamon
1 grating of nutmeg
2 eggs
1 tablespoon melted butter
½ pint milk
1 large tart apple
Juice and grated rind of 1 lemon

Sift flour, sugar, salt, baking powder and cinnamon and nutmeg into a mixing bowl. Beat 2 eggs lightly, and add melted butter and milk to egg mixture. Peel, core and cut apple into very thin slices, or grate coarsely, and add to liquid ingredients with lemon juice and rind.

Make a hole in the centre of dry ingredients and pour liquid ingredients in. Stir them with a few swift strokes until they are blended only. Never mind about lumps, they are harmless to your batter.

Drop batter by the spoonful onto a well greased griddle. The cakes are ready for their first turning when bubbles appear on their surface and begin to burst. Turn cakes over with a spatula and continue baking until other side is browned. Serve hot. Serves 6.

Apple pancakes with sausages

APPLE PANCAKES WITH SAUSAGES

To make pancakes you need:

4 oz. flour
Pinch salt
2 eggs, beaten
Just under ½ pint milk
Salt and pepper
¼ teaspoon grated lemon rind
Butter

To make glazed apple slices you need:

1 pound apples
8 oz. sugar
¼ pint water
¼ teaspoon cinnamon

Garnish with 2 pork sausages per portion.

To make pancake batter: sieve flour and salt together; add beaten eggs and mix well. Add milk, salt and pepper to taste, and mix well. Add grated lemon rind. Allow to stand for at least ½ hour, more if possible.

Then peel, core and slice apples and simmer gently in a syrup made with sugar, water and cinnamon. When apple

slices are translucent, drain and keep warm. Do not let them become soft and mushy.

To make pancakes: melt butter in a small sized frying-pan and ladle in enough batter to make a thin pancake. Keep on moderate flame for 1 minute; then turn and brown on other side. Keep pancakes hot in warm oven until ready to serve, then put a spoonful of glazed apple slices on each pancake; roll pancake around apple slices, garnish with grilled sausages and serve. Serves 4.

GERMAN APPLE PANCAKES

4 oz. flour
½ teaspoon salt
1 tablespoon sugar
¾ pint milk
4 eggs
4 tart eating apples
¼ pint lemon juice
Butter
Sugar
Cinnamon

Sift flour, add salt and sugar and then sift together. Stir in milk to make a smooth paste. Add eggs, one at a time, and beat briskly. Peel and core apples, and grate on a coarse grater; marinate in lemon juice.

Fold marinated apple into the batter and fry thin cakes in butter in a small frying-pan. Serve with sugar and cinnamon. Serves 4.

POTATO PANCAKES WITH SPICY APPLE SAUCE

POTATO PANCAKES:

6 medium sized boiled potatoes
3 eggs
1 pint milk
3 tablespoons butter
1 tablespoon sugar
Nutmeg

Rub cooked potatoes through a sieve into a mixing bowl. Separate eggs and whip whites until stiff. Beat the yolks until lemon-coloured. Add the egg yolks, milk, butter, sugar and nutmeg to potatoes and mix thoroughly. Add the egg whites and beat the whole mixture into a batter. Cook as you would ordinary thin pancakes. Serve hot with chilled Spicy Apple Sauce. Serves 6.

SPICY APPLE SAUCE:

4 tart apples
2 tablespoons water
2 or 3 cloves
1 tablespoon sugar
Pinch of cinnamon
1 oz. butter
Few drops lemon juice

Pare and core the apples. Cut into slices and place in a pan with water, cloves and sugar and a pinch of cinnamon. Simmer until tender, then remove cloves. Add butter and lemon juice and whisk until smooth. When thoroughly chilled, you can spike the sauce with horse-radish, if you like a real 'zing' to it.

APPLE PANCAKES WITH APPLE LOGANBERRY SAUCE

APPLE PANCAKES:

5 oz. plain flour
1-1½ level teaspoons baking powder
1 scant teaspoon salt
2 oz. castor sugar
1 egg, well beaten
8 fl. oz. milk, room temperature
2 oz. butter, melted
¾ pound eating apples, finely chopped (weighed before preparing)
Cinnamon

Mix flour, baking powder, salt and sugar and sift twice. Beat together egg, milk and melted butter. Add gradually to the flour mixture, beating till smooth. Stir in the chopped apples and flavour to taste with powdered cinnamon.

Drop the mixture in large tablespoons onto a hot, greased griddle or thick-bottomed frying-pan. Cook pancakes till bubbles appear on top and underneath is golden brown. Turn and brown the other side. Serve hot with butter and apple loganberry sauce.

APPLE LOGANBERRY SAUCE:

1 medium tin loganberries
1 pound cooking apples
4 oz. castor sugar

Drain loganberries and put one gill of the juice in a saucepan with sugar. Heat until dissolved. Peel, core and chop the apples, add them to the hot syrup and cook gently until soft,

stirring occasionally. Then add drained loganberries and simmer for 5 minutes. Sieve, or put through a 'mouli' and re-heat sauce. Serves 4.

SOUR CREAM PANCAKES WITH PAN-FRIED APPLE SLICES

3 eggs
¼ pint sour cream
½ pound flour, sifted
2 level teaspoons baking powder
½ level teaspoon bicarbonate of soda
½ level teaspoon salt
4 fl. oz. milk
2 oz. melted butter

Beat eggs until light and lemon coloured. Gradually beat in sour cream and continue beating until well blended. Stir into flour, baking powder, bicarbonate of soda and salt. When well blended, add milk and melted butter and beat in well.

Bake on a hot griddle, dropping by spoonfuls and turning when the uncooked side is bubbly. Add a little milk or cream if batter is too stiff. These are thick cakes but very light.

Serve with grilled bacon, butter and pan-fried apple slices. Serves 6.

STUFFED BAKED HERRINGS WITH PAN-FRIED APPLE RINGS

4 fresh herrings (with soft roes)
3 tablespoons grated apple
1 tablespoon grated onion
1 tablespoon chopped parsley
Grated rind of ½ lemon
Salt and pepper
Butter
Egg yolk
A little coarse oatmeal

Prepare and bone the fish, cutting along the backs; remove the soft roes, dry, sprinkle with salt and chop.

Mix grated apple, onion, parsley, lemon rind and chopped roes together, season to taste with salt and pepper and fry gently in a little butter. Remove mixture from heat and use to stuff herrings. Tie or skewer herrings.

Place fish on a greased baking dish, brush with egg yolk and sprinkle with oatmeal, dot with butter and bake in a

Stuffed baked herrings with pan-fried apple rings

moderate oven (375°F. Mark 4) for about half an hour, or until fish is cooked. Serve garnished with pan-fried apple rings. Serves 4.

PAN-FRIED APPLE RINGS

2 large tart eating apples
Butter
Brown sugar

Core, but do not pare apples, and cut in quarter-inch rings. Melt butter and sugar together and fry apple rings in it until golden brown.

SAUSAGE PATTIES WITH GRILLED APPLE RINGS

1½ pound lean pork
¾ pound fat salt pork
1 clove garlic
1 level teaspoon salt
1 egg
1 Spanish onion, finely chopped
1 teaspoon rubbed thyme

1 bay leaf, crushed
Allspice, ground
Coriander, ground
1 level teaspoon black pepper, coarsely ground
1 tablespoon finely chopped parsley
2 tablespoons butter
2 tablespoons olive oil

Put meat through finest blade of mincer, or have it ground by your butcher. Combine garlic, salt, crushed bay leaf, ground allspice and coriander to taste and coarsely ground black pepper in mortar and pound to a smooth paste. Add this mixture to ground meat with egg, finely chopped onion, thyme and finely chopped parsley. Mix thoroughly and form into patties. Sauté patties in butter and olive oil until cooked through but not dry. Serve with soft scrambled eggs. Serves 4 to 6.

BREAKFAST APPLE RINGS

6 tart eating apples
6 tablespoons melted butter
6 tablespoons sugar
1 teaspoon powdered cinnamon

Wash and core tart eating apples. Slice crosswise in rings $\frac{1}{2}$-inch thick. Brush with melted butter and dust with sugar mixed with cinnamon. Place on a baking sheet and grill until brown on one side; then turn and brown the other – about 10 minutes altogether. Serve with sausages, bacon or grilled gammon. Serves 6.

GLAZED APPLE OMELET

OMELET:

4 egg yolks
2 tablespoons water
$\frac{1}{4}$ teaspoon salt
4 egg whites
1 tablespoon butter
Icing sugar and cinnamon

Beat egg yolks till thick and lemon coloured; beat in water and salt. Beat egg whites till stiff and fold into yolk mixture. Heat butter in an 8-inch frying-pan, pour in omelet mixture.

Cook mixture over low heat till fluffy and lightly browned on bottom, about 5 minutes. Finish in a slow oven (325°F.

(*Right*) *Apple breakfast patties*

Mark 2–3) until golden brown, about 12 to 15 minutes. Loosen; slide on to warm platter. Sprinkle with icing sugar and cinnamon. Cut into 2-4 pieces and serve with glazed apples. Serves 2–4.

GLAZED APPLES:

2 tart red eating apples
2 tablespoons butter
2 tablespoons brown sugar
Juice of 1 lemon
½ teaspoon salt
½ teaspoon cinnamon

Thinly slice unpared apples. Melt butter in pan; add brown sugar, lemon juice, salt and cinnamon. Add apples and cook for 10 to 15 minutes, stirring occasionally, till apples are tender and glazed.

APPLE-SAUSAGE FRY

4 large tart apples
8-12 chipolata sausages or the same number of small sausage meat patties
2-4 tablespoons butter
4 slices bread, fried in drippings

Prick skins of sausages (or make individual patties of sausage meat), and brown them in a frying-pan with butter. Drain and keep hot. In the same fat, fry slices of apples, pared and cored, until they become soft and golden in colour. Serve the sausages and apples together, serving sausages on individual slices of fried bread.

APPLE BREAKFAST PATTIES

¾ pound pork sausage meat
2 oz. lean bacon, finely chopped
2 apples, grated
2 oz. breadcrumbs
Pepper and salt
1 beaten egg
Bacon fat or butter
Garnish
Strips of lean bacon, fried
Fresh parsley

Mix sausage meat with chopped bacon, grated apples, breadcrumbs and seasonings. Bind with beaten egg and shape into flat patties.

Fry patties in bacon fat or butter, turning regularly. Garnish with fried bacon strips and sprigs of fresh parsley. Serve hot with chilled apple sauce spiked with horse-radish. Serves 6.

AMERICAN BREAKFAST CAKE

10 oz. flour
1 oz. castor sugar
3 teaspoons baking powder
¾ teaspoon salt
4 oz. butter
2 oz. grated cheese
6 fl. oz. (approx.) milk
3 large eating apples
2 oz. brown sugar
½ level teaspoon cinnamon
Melted butter

Sift flour, castor sugar, baking powder and salt together. Rub in butter and then mix in cheese. Add sufficient milk to make a soft but not sticky dough. Turn out on floured board and knead lightly. Pat out dough thinly in an ungreased Swiss roll tin, 10″ x 14″ approx. Pare and core apples and slice thinly. Arrange in rows across dough, leaving a little space between the rows. Sprinkle with brown sugar and cinnamon mixed together. Brush over with melted butter. Bake in pre-heated oven (425°F. Mark 6) for 25 minutes till golden brown.

5 · Apple Appetizers

With increasing emphasis on lighter family meals and more informal entertaining, the appetizer is really coming into its own as an important part of modern menu planning. Today's hostess is relying more and more on the versatility of the appetizer as one of the simplest ways to give meals a decorative lift.

Appetizers can make or mar your reputation. As the first course at lunch or dinner, the appetizer is usually a collection of bits and pieces, well flavoured and pungent, served in sufficient quantity to sharpen the appetite, but not to overwhelm it. Appetizers worthy of the name should be as attractive to the eye as they are to the palate.

I first realized how versatile the apple was as an appetizer when talking to Chef Albert Stockli of the swank 'Four Seasons' Restaurant in New York, who wraps crisp wedges of apple, sprinkled with crushed coriander, in paper thin slices of *prosciutto* and serves them as a delicious appetite whetter. His recipe for Apple Vichyssoise (please see page 54) is another eye-opener of the versatility of the apple as an exciting first course.

If you want to serve appetizers out-of-doors or in the sitting room with cocktails or fruit juice, they should be

small and not overfilled, so that your guests can pop them into their mouths with ease. Or you can provide delectable bowls of soft mixtures and let everyone 'dunk' his own.

Note: Throughout these recipes, 'pepper' should be black and freshly ground.

FOUR APPLE ROLL-UPS TO BE SERVED WITH TOOTHPICKS

1. Slices of ham spread with herbed mustard and rolled around a wedge of apple.
2. Strips of *prosciutto* rolled around a wedge of apple.
3. Bacon rolled around a wedge of apple and grilled.
4. Thinly sliced Swiss cheese rolled around a wedge of apple and grilled.

FOUR APPLE TOPPINGS FOR TOASTS, CANAPÉS AND BISCUITS

When preparing cocktail snacks for a number of guests, plan things which are in reality finger food.

1. Dice cooked chicken and combine with finely chopped apple, onion and parsley and finely ground blanched almonds. Bind with well-flavoured mayonnaise, season to taste and spread on rounds of fried toast or canapés.
2. Drain and flake tinned crabmeat; mix with finely chopped onion, parsley, hard boiled egg and apple. Bind with enough mayonnaise flavoured with curry powder to make a firm mixture. Spread on rounds or fingers of toast.
3. Spread rounds of toast with curried butter; cover each with 1 thin slice of apple and top with blue cheese and butter mixed to a smooth paste with a little brandy and finely chopped parsley.
4. Mix cream cheese to a paste with finely chopped parsley and apple. Flavour to taste with anchovy paste. Spread on canapés, biscuits or toast fingers.

CANAPÉ PASTRY FOR THIN ROUNDS, FINGERS OR BARQUETTES

3 oz. butter
3 oz. salad oil
1 egg yolk
½ pound sifted flour
Salt

Combine butter and salad oil in the top of a double saucepan and cook over water until butter melts. Remove from heat, cool and stir in egg yolk. Then sift in flour and a little salt, stirring constantly until mixture is a smooth mass.

Transfer to a floured board, knead lightly. Roll out very thin and cut into rounds or pastry fingers. Bake in a hot oven (450°F. Mark 7) until golden. Makes 50.

A single dish may also be served as the appetizer course for luncheon or dinner.

MARINATED HERRING WITH SOUR CREAM AND APPLES

Place a layer of sliced onion on the bottom of a fireproof casserole and lay herring fillets on top. Cover with a mixture of equal parts white wine and white vinegar and throw in a couple of bay leaves and a teaspoon of pickling spice. Place in a slow oven (325°F. Mark 2–3) and cook just at simmering point, for ½ hour. Turn off the oven, leaving the casserole inside to cool slowly, if necessary, overnight.

Before serving, smother in sour cream mixed with rings of raw onion and diced raw apple. Chill.

SCALLOP AND APPLE SALAD

Cut raw scallops into quarter-inch thick slices, cover with equal parts fresh lemon juice and white wine. Add 2 tablespoons each finely chopped parsley and onion and leave in the ice box overnight. Strain off liquids, add 1 eating apple, peeled, cored and finely chopped, and sour cream to moisten.

Fruit has come to play a much bigger part in the selection of hors d'oeuvres than was once the case. A good selection of hors d'oeuvres should present a reasonable contrast in

texture and should have sharp dishes offset by bland ones. The oiliness of such fish as sardines, anchovies, and herrings needs the sharp accent of the apple.

Fruit can play its own part in the appetizer fanfare. Let melon be the serving dish as well as the filling in a chilled melon hors d'oeuvre served in the scooped out half of a small melon; a salad of finely shredded cabbage, apple and celery served in the hollowed out part of a good firm cabbage; or try individual apple cups filled with a variety of fruits of the sea.

APPLE SEA SALADS 'ESCOFFIER'

Scoop out a good sized eating apple, brush with lemon juice to preserve colour and fill with one of the following mixtures:

1. Cooked shrimps, crab-meat and diced celery or chicory mixed with mayonnaise. Cover with a slice of smoked salmon. Serve on lettuce leaves with chopped hard-boiled egg and chopped parsley garnish.

2. Mix crab-meat, part of the diced apple and diced celery or chicory with tartar sauce. Fill the apple and decorate with cucumber wedges, chopped hard-boiled egg and parsley. Serve on lettuce leaves.

3. Mix fresh crab meat with mayonnaise, diced apple, sliced radishes and gherkins. Stuff the apple and garnish with chopped hard-boiled egg, sliced gherkins and radishes.

4. Flaked tuna fish or salmon bound with anchovy sauce and garnished with anchovy fillets, diced apple and capers.

PRAWNS AND APPLE BARQUETTES

2 shallots, finely chopped
1½ oz. butter
1 oz. flour
¼ pint tomato juice
1 teaspoon Worcestershire sauce
1 teaspoon Tabasco sauce
1 teaspoon lemon juice
Salt and pepper
¼ pound chopped prawns
1 pared, cored and finely diced apple

Sauté shallots in butter. Add flour and cook for 2 to 3 minutes. Stir in tomato juice, with Worcestershire and Tabasco sauce and cook gently for a further 5 minutes. Stir in the lemon juice and season to taste. Add chopped prawns and diced apple and fill into barquettes, using the mixture hot or cold.

BEEF AND APPLE BARQUETTES

1 medium sized onion, finely chopped
2 oz. butter
1 clove garlic, crushed
2 oz. mushrooms, finely chopped
½ oz. flour
¼ pint red wine
¼ pint stock
½ pound cold, rare roast beef, diced
1 eating apple, pared, cored and diced
Salt and pepper

Sauté the onion in melted butter until transparent. Add crushed garlic, mushrooms and flour and cook for a further 3 minutes. Flame with red wine; stir in stock and simmer until the flavours are thoroughly blended – 5 to 10 minutes. Stir in diced beef and apple and keep warm until ready to fill barquettes, or use when cold if desired, seasoning to taste just prior to use.

TUNA AND APPLE BARQUETTES

1 oz. butter
1 small onion, finely chopped
¼ teaspoon curry powder
¾ oz. flour
¼ pint milk (previously infused with onion, carrot, bay leaf, thyme and parsley)
1 6-oz. tin tuna fish
1 apple, diced
1 level dessertspoon capers

Melt butter. Add onion and curry powder and cook gently for 2 to 3 minutes. Stir in flour, followed by milk and cook for 5 to 10 minutes, until smooth, stirring all the time. Add diced tuna, apple and capers. Season to taste, if necessary, and use to fill barquettes.

APPLE-AVOCADO APPETIZER

1 oz. crab meat
2 unpeeled red apples, diced
1 oz. slivered toasted almonds
2 oz. mayonnaise
2 oz. sour cream
4 ripe avocados
lemon juice
Salad greens

Flake crab meat; combine with apples, almonds, mayonnaise and sour cream; toss well. Halve avocados; remove stones and sprinkle with lemon juice to preserve colour. Pile crab meat mixture into avocado halves. Serve on salad greens with extra dressing, if desired. Makes 8 servings.

KEBABS

1 pound pork fillet
2 apples
1 green pepper
4 small tomatoes
4 button mushrooms

Cut pork into 12 cubes and soak in marinade for at least 1 hour. When ready to cook insert meat on metal skewers with alternate wedges of apple, strips of green pepper, tomato and button mushrooms. Brush well with the basting sauce and grill under medium heat, basting from time to time, for 10–12 minutes. Serves 4.

Marinade:

4 tablespoons olive oil
Salt and pepper
2 tablespoons chopped parsley
1 small onion, chopped finely

CHEESE-APPLE KEBABS

Peel, core and slice an eating apple into chunks the size of a sugar lump. Dip the chunks in lemon juice to preserve colour. Dice a firm cheese, like Cheddar, into the same sort of chunks, roll in chopped nuts. Spear them, alternating cheese and apple on cocktail sticks. For the older members

Apple-avocado appetizer

of the family top off the kebabs with a cocktail onion or olive and serve with drinks.

STUFFED MELON

1 melon
2 red eating apples
1 tin pineapple chunks
Green and black grapes
Lemon juice
2 oz. sugar

Cut slice from top of melon about one-third of the way down and trim bottom so it stands level.

Serrate top edge of melon evenly and using lid as well cut out remaining flesh with ball shaped cutter.

Put into a bowl, add sliced and cored but not peeled apples, chunks of pineapple and grapes and sprinkle well with lemon juice and sugar.

Leave for $\frac{1}{2}$ hour, turning occasionally; pile back into melon shell and chill.

6 · Apple Soups

For centuries the great simmering household soup pot sustained and comforted the people of Europe. In great kitchens and small, the *pot au feu* simmered day in, day out, on the back of stoves throughout the Continent. But in these days of small kitchens and hurried hostesses, alas, we seldom have the time or the space necessary for such a stockpot – a permanent fixture in every kitchen until the turn of the century.

The consequences of its disappearance are terrible. 'A woman who cannot make soup should not be allowed to marry,' thundered P. Morton Shand in his *Book of Food*, so as one cannot start a soup from scratch, we had better apply a little imagination to what we still have at hand. Fortunately, we have the advantage of our ancestors in being able to buy tins of chicken or beef *consommé* to start our soups with, or prepare a quick basic stock by simmering beef or chicken stock cubes with a little dry white wine and a few fresh vegetables.

With these as a starting point, let's experiment with some fresh flavours: the following apple soups will all provide an original and fresh-tasting beginning to your meals. In some the apple is cooked in the soup with the other ingredients,

adding body and tartness; in others it is a crisp, cool flavour accent. And if you don't think this is a good idea, try diced raw apples and crumbled cooked bacon as a garnish for red bean soup. Add diced raw apple and garlic *croûtons* to prawn bisque. Try the recipe for Curried Apple Soup given to me by Robert Carrier, who has, according to the *Sunday Express*, 'the most sophisticated stomach in London.'

CREAMED APPLE SOUP

1 pint well-flavoured chicken stock
2 egg yolks
½ pint single cream
Juice of ½ lemon
1 eating apple, diced
4 oz. ham, diced

Bring stock to the boil and remove from fire. Beat egg yolks with cream and lemon juice and add a little of the stock; then slowly whisk into remaining stock. Return to fire, reheat, stirring all the time, but remove before it boils. Correct seasoning, and serve in individual plates in which you have placed the diced apple and ham. Serves 4.

ROBERT CARRIER'S CURRIED APPLE SOUP

2 tablespoons butter
1 Spanish onion, coarsely chopped
1 pint chicken stock
1 level tablespoon curry powder
1 tablespoon cornflour
2 egg yolks
¼ pint hot double cream
2 eating apples
Salt and pepper
Juice of ½ lemon
Watercress leaves

Melt butter; add chopped onion and cook until soft, but not brown. Stir in chicken stock and curry powder. Add cornflour mixed with a little water; bring to the boil and then simmer for 8 minutes. Beat egg yolks into hot cream and stir this mixture gradually into hot soup.

Remove from fire immediately and transfer mixture to electric blender with 1 apple, peeled, cored and sliced. Blend until smooth, or press through a fine sieve. Season to taste with salt and pepper. Chill.

Peel, core and dice remaining apple and marinate in lemon juice to keep colour. Just before serving, stir in diced apple and enough watercress leaves to garnish. Serves 4.

APPLE SOUP À LA BOURGUIGNONNE

1½ pints rich beef stock
¾ pound cooking apples
1 level teaspoon powdered ginger
Pepper
1 lemon sliced, peel and pith removed
Boiled rice

Clear the fat from 1½ pints of rich beef stock and strain it through a fine sieve. Bring to the boil, add coarsely chopped cooking apples and simmer gently until apples are soft.

Press through a strainer; add powdered ginger and freshly ground black pepper, to taste.

Simmer soup for 5 minutes; skim, and serve very hot, garnished with thin lemon slices, and a little rice. Serves 4.

MULLIGATAWNY SOUP

4 oz. finely chopped onion
2 tablespoons olive oil
2 tablespoons butter
2 oz. flour
1 level tablespoon curry powder
1 level tablespoon tomato purée
1½ pints chicken stock
1 chopped apple
Little chutney
Parsley, bay leaf and thyme
2 oz. rice, boiled
¼ pound cooked chicken, diced

Sauté finely chopped onion in butter and olive oil until transparent. Stir in flour and cook gently, stirring continuously for 3 minutes. Stir in curry powder and tomato purée. Add chicken stock; bring to the boil, skim, and add the apple, chutney, and herbs. Simmer for ¾ hour; strain; add boiled rice and diced chicken. Heat through and serve. Serves 4.

APPLE VICHYSSOISE—FOUR SEASONS

2 large raw potatoes, coarsely diced
1 Spanish onion, coarsely diced
¾ pint well-flavoured chicken stock
Salt and pepper
1 tablespoon butter

2 stalks celery, sliced
2 peeled eating apples, coarsely diced
1 teaspoon curry powder
½ pint heavy cream
Finely chopped chives

Combine potatoes, onion, celery, apples and chicken stock in a large saucepan. Cover and bring to boil. Simmer over low heat for 15 minutes, or until tender.

Strain mixture through a fine sieve. Return to the saucepan; and add salt, pepper, butter and curry powder. Simmer for 5 minutes; remove from fire, stir in cream and chill thoroughly. Serve topped with finely chopped chives. Serves 4.

Robert Carrier's curried apple soup

CRAB AND APPLE BISQUE

½ Spanish onion, finely chopped
2 stalks celery
4 tablespoons butter
2 hard-boiled eggs, finely chopped
Grated rind of 1 lemon
1 tablespoon flour
Worcestershire sauce
1 tin crab meat (7½ oz.)
1 pint milk
½ pint double cream
Salt and pepper
2 apples, diced
4 tablespoons dry sherry

Sauté finely chopped onion and celery in 2 tablespoons butter until transparent but not brown. Combine with remaining butter, finely chopped eggs, grated lemon rind, flour; add Worcestershire sauce to taste and blend to a paste. Stir in crab meat which you have drained and picked free of cartilege and shells.

Bring milk to the boil in the top of a double saucepan; add cream and crabmeat mixture, and season to taste with salt and freshly ground black pepper. Just before serving, add finely diced apple and sherry; reheat and serve. Serves 4.

7 · Perfect Team Mates—Apples and Pork

Apples just seem to team up naturally with all the members of the pig family . . . from Elizabethan England's traditional Christmas dish, Wild Boar's Head – stuffed with apple and decorated with an apple in his mouth – down to everyday pork sausages, chips and pan-fried apple rings. Nothing could be simpler . . . yet nothing more delicious for breakfast, or served with a crisp green salad, French bread and wine, for an outdoor supper with a difference.

Pork

Pork is one of our most delicious meats. There is no part of the pig which is not delicious and edible; no other animal offers such a variety of dishes. Each country seems to have a few of its own.

Pork should be very thoroughly cooked. This means slow, low temperature cooking. Roasts should be cooked in a slow oven (325°F. Mark 2) until thoroughly done, and chops and steaks should be braised or baked to ensure tenderness and the best flavour.

Pork, at its best, is pink, tender and firm, with superb flavour; the fat should be white and firm. When done, the pinkness should have vanished completely.

Pigs always eat windfalls when they can get them. Pigs would also eat wild garlic and wild sage . . . try these three together for roast pork. Delicious. But bake your apple sauce. It tastes much better. Beat it down to a smooth pulp with a wooden spoon and serve it in the earthenware dish it was baked in. It makes a better sauce.

HAM STUFFED APPLES

6 large eating apples
Juice of 1 lemon
1 Spanish onion, finely chopped
2 tablespoons butter
½ pound cooked potatoes, diced
½ pound cooked ham, diced
Salt and pepper
Parsley

Wash and core apples. Hollow out the apples leaving a shell ¼″ to ⅛″ thick, after cutting off the tops about a third of the way down. Brush insides of apples with lemon juice. Dice the flesh and soak in remaining lemon juice to preserve colour.

Fry finely chopped onion in butter until transparent; then add diced potatoes and ham. Sauté until golden; add diced apple and just warm through. Season to taste and pile mixture in apple shells. Garnish with parsley and serve hot. Serves 6.

HAM AND APPLE SCALLOP

2 centre slices of raw ham or gammon (¼″ thick)
4—5 cooking apples pared, cored and thickly sliced
1 oz. demerara sugar

Sauce:

1 oz. butter
1 small onion, finely chopped
2 level teaspoons cornflour
Juice of 1 lemon
Juice and grated rind of 1 orange
1 oz. demerara sugar
1 level tablespoon prepared mustard
Cayenne pepper

Trim most of the fat from the ham and cut into serving-size pieces. In a fireproof casserole put layers of ham and

Ham and apple scallop

apple rings and sprinkle surface lightly with demerara sugar. Pour over the sauce and bake in a moderate oven (375°F. Mark 4) for 25 minutes, or until ham is tender, remove the cover and bake 15 minutes longer, until the apples are slightly browned. Serves 4–6.

Sauce:

Melt the butter, add the finely chopped onion and cook until tender, dissolve the cornflour in a little of the water and add to the pan with the remaining ingredients, bring to the boil over a gentle heat and pour over the ham and apples.

CHRISTMAS GAMMON WITH SPICY CHEESE APPLES

1 cold, cooked gammon (about 9 pounds)
12 oz. brown sugar
1 level tablespoon mustard
Maraschino cherries
Cloves
6 eating apples for garnish
½ pint water

¼ pint pineapple juice
Cream cheese
Few tablespoons cream
Salt and pepper
Freshly grated horse-radish
Juice of 1 lemon
4 oz. sugar
Pinch of cinnamon
Pinch ground cloves
Red food colouring

Spread cooked, trimmed gammon thickly with brown sugar mixed to a smooth paste with mustard and a little pineapple juice. Pour remaining juice around meat and glaze for 30 minutes in a moderately hot oven (400°F. Mark 5), basting from time to time. Score fat lightly in lattice pattern with a sharp knife. Cool.

When cold, pipe intersections with cream cheese mixed to a smooth paste with cream, seasoned with salt, pepper and freshly grated horse-radish. Stud intersections with maraschino cherries stuck with cloves to resemble holly berries.

Spicy Cheese Apple Garnish:

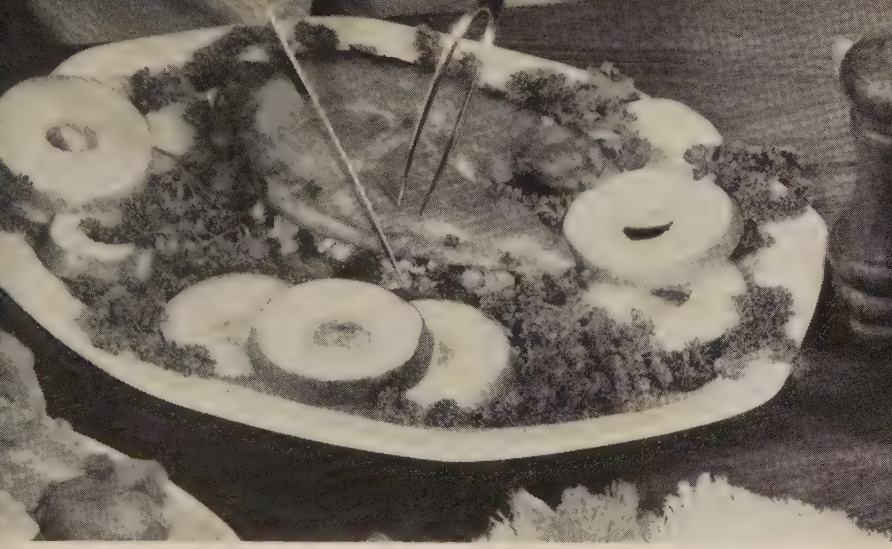
Peel, core and poach apples in lemon-syrup (made with water, lemon juice and sugar), cinnamon and ground cloves. Remove when apples are tender, but not mushy, and colour with cochineal or vegetable colouring. Just before serving, fill and decorate apples with remaining cream cheese and horse-radish mixture and surround gammon.

STUFFED GAMMON STEAK WITH APPLE RINGS

4 eating apples
Juice of 1 lemon
8 oz. soft bread crumbs
4 oz. raisins
2 oz. peanuts, chopped
2 tablespoons golden syrup
1 level teaspoon mustard
2 tablespoons butter
2 slices gammon, ½ inch thick
Cloves
Melted butter

Core, but do not peel eating apples. Slice them crosswise into ¼ inch rings and soak in lemon juice to preserve colour. Combine bread crumbs, raisins, peanuts, syrup, mustard and butter. Chop 4 apple slices coarsely and add to mixture.

Slit the fat around gammon steaks to prevent curling and place one slice of gammon in greased shallow baking dish.



Stuffed gammon steak with apple rings

Spread stuffing liberally over gammon and top with second slice. Stick whole cloves in fat.

Bake in a pre-heated slow oven (350°F. Mark 3) one hour, or until done. Baste several times with melted butter. Serve on a platter garnished with fresh apple rings.

GAMMON WITH APPLES

2 slices gammon (1 inch thick)
4 cloves
Melted butter for basting
2 pounds eating apples
Butter
4 oz. soft brown sugar
Glacé cherries

Trim rind from gammon and spike fat with cloves. Brush well with melted butter and bake in a moderately hot oven (400°F. Mark 5) for 20 minutes. Meanwhile, core the apples and slice into rounds. Fry lightly in butter for a few minutes and sprinkle with soft brown sugar. Arrange gammon on a dish with four slices of apple on top and the rest of the apples arranged around the dish. Place a glacé cherry in the centre of each apple ring.

HAM, CORN FRITTERS AND APPLE RINGS

4 slices of gammon
1 tablespoon French mustard
2 tablespoons soft brown sugar
24 cloves
¾ pint cider
1 tin whole kernal sweet corn
2 eggs
Salt and pepper
Fresh white bread crumbs
Butter (for frying)
4 red eating apples

Cut small slits in gammon rind. Soak in cold water for 1 hour and drain. Spread with mustard, sprinkle with sugar and dot with cloves. Cover with cider and bake in a moderate oven (375°F. Mark 4) till tender, about 30–40 minutes, basting occasionally. Remove rind and cloves, place on hot serving dish.

Drain, rinse and chop corn, add egg yolks and season well. Stiffly whisk egg whites and fold into the mixture. Add sufficient bread crumbs to make a dry but not hard consistency. Drop spoonfuls into hot shallow fat and fry to a golden brown on both sides.

Core apples, cut in thick rings and fry in butter.

ROAST LOIN OF PORK WITH SAVOURY APPLES

1 loin of pork
6 medium sized tart apples
A little oil
Salt and pepper
2 tablespoons capers
1 teaspoon chopped parsley

Rub scored skin of loin of pork with salt and place on rack in roasting tin. Cook in a hot oven (450°F. Mark 7) for 15 minutes and then at 350°F. Mark 3 for remainder of the time. (35 minutes per pound in all.)

Score apples lengthways in six sections, brush with oil and place round the meat ½ hour before pork is cooked through. Remove pork to a hot plate and leave in a warm oven until ready to serve. Cut a slice from the top of each apple, scoop out pulp, season well, add capers and parsley, replace in apple shells and return to the oven to warm through. Serve round the pork.

Ham, corn fritters and apple rings

SWEET AND SOUR PORK

1 pound pork fillet
1 tablespoon flour
Salt and pepper
6 tablespoons oil
1 clove garlic, crushed
2 tart eating apples, cored and sliced
1 medium tin pineapple pieces (reserving juice for sauce)
1 leek, sliced and blanched
1 green pepper, thinly sliced and seeds removed

Sauce:
1 level tablespoon cornflour
1 dessertspoon soy sauce
3 tablespoons vinegar
2 tablespoons sugar or honey
¼ pint chicken stock
Pineapple juice

Cut pork into 1-inch cubes; mix with flour and seasoning. Heat oil with garlic; fry pork until lightly browned on all sides. Lower heat, add apples, pineapple pieces, leek and green pepper. Continue cooking over gentle heat for 10 minutes, or until tender.

Sauce: Mix ingredients together; add to the pan, stirring gently and boil for 2–3 minutes until sauce is transparent. Serve with fluffy rice.

Grilled pork chops Hawaiian

GRILLED PORK CHOPS HAWAIIAN

4 pork chops
2 tablespoons olive oil
4 pineapple slices
2-4 tablespoons melted butter
1 tart eating apple, thickly sliced
1 tablespoon brown sugar
Green grapes, for garnish
Cloves
Bay leaves

Brush chops with olive oil and grill on both sides until brown and tender. Remove to a hot plate. Brush pineapple slices with melted butter and warm through under grill. Brush apple slices with melted butter; sprinkle with brown sugar and grill on both sides until golden. Arrange fruit on chops and decorate with grapes, cloves and bay leaves. Serve with creamed potatoes and a spicy sauce.

GLAZED PORK CHOPS WITH ORANGE AND APPLE SLICES

6 pork chops
Oil for frying
6 slices orange
6 slices apple
Ground cinnamon
Ground cloves
1 beef cube
1 tablespoon brown sugar
1 level tablespoon cornflour
2 tablespoons orange juice

Brown the pork chops in a frying-pan with the oil, and pour off any extra fat. Secure orange and apple slices on top of each chop with a toothpick or skewer. Sprinkle with ground cinnamon and cloves to taste. Dissolve the beef cube in $\frac{3}{4}$ pint water, and pour over the chops. Sprinkle with 1 tablespoon brown sugar, and cover the pan. Cook over a low heat for about 35 minutes, or until tender. Mix cornflour and orange juice to a paste, and use this mixture to thicken the sauce, simmering a few minutes before serving.

GRILLED PORK CHOPS WITH APPLES AND RAISINS

4 pork chops
Salt and pepper
Butter or olive oil for grilling
3 red apples
$\frac{1}{2}$ Spanish onion, finely chopped
2 sticks celery, finely chopped
2 oz. raisins
Parsley
Croûtons

Syrup for poaching apples:

$\frac{1}{4}$ pint water
$\frac{1}{4}$ pint cider or fruit juice
4 oz. sugar
2 cloves
Good pinch cinnamon

Sprinkle the chops with salt and pepper, brush on both sides with oil and grill 15–20 minutes until tender. Peel and chop one apple and sauté with the onion, celery and raisins in a little hot oil until lightly browned. Remove from oil, drain and spread on the cooked chops. Keep warm. Prepare remaining apples as follows:

Make a syrup with the water, cider or fruit juice, sugar and spices. Halve the other three apples without peeling, core, and poach in the boiling syrup for about 5 minutes or until just tender. Remove the apples, reduce the syrup

Grilled pork chops with apples and raisins

a little and use to glaze each apple half and arrange over the chops. Garnish the whole dish with parsley and, if desired, *croûtons* of fried bread.

PORK CHOPS À LA FLAMANDE

4 pork chops
4 tablespoons butter
2 tablespoons olive oil
1 Spanish onion, finely chopped
4-6 tart eating apples, pared, cored and quartered
Salt and brown sugar

Sauté pork chops in 2 tablespoons butter for 5 minutes each side. Place in a covered casserole and continue cooking in slow oven (210°F. Mark 1). Heat oil and remaining butter in a shallow pan, add onion and apples, cover and cook gently for 10 minutes, stirring occasionally, until apples are

soft and onions tender and slightly browned. Add salt and brown sugar to taste.

Just before serving, arrange pork chops on a heated serving platter and garnish with cooked apple and onion mixture.

PORK CHOPS WITH JELLIED APPLE SLICES

6 loin pork chops
3 red apples
½ pound red currant jelly
¼ pint boiling water
Parsley

Grill, pan-fry or bake chops. Core apples; do not pare, cut in 12 thick wedges. Place in large frying-pan. Dissolve red currant jelly in boiling water and pour over apples. Cook over low heat, turning occasionally, until tender and well glazed. To serve, surround chops with apple slices; garnish with parsley. Serves 6.

CROWN ROAST OF PORK

1 crown roast pork (2 loins)
Salt and pepper

For the stuffing:

½ pound onions
8 sage leaves
1 large apple
½ pound sausage meat
4 oz. fresh breadcrumbs
1 egg, beaten
Salt and pepper
Rind of 1 lemon

Garnish:

2 red apples
6 oz. demerara sugar
¼ pint water
Rind of 1 lemon
1 teaspoon mixed spice

Ask your butcher to prepare the crown roast; if it seems at all insecure tie it round with string. Sprinkle the inside lightly with salt and pepper, and fill with the stuffing, prepared as follows:

Chop the onions, cover with cold water in a pan and bring to the boil. Simmer for 5 minutes. Drain and wring out well in a piece of muslin. Soak sage leaves in a little boiling water for 5 minutes. Peel, core and dice the apple. Drain,

dry and chop the sage leaves finely. Mix sausage meat, breadcrumbs, onions, sage, apple and beaten egg in a bowl; season rather highly with salt, pepper and lemon rind. Wrap the roast in a piece of cooking foil, place in a baking dish and cook in a moderate oven (375°F. Mark 4), allowing 45 minutes for each pound, stuffed weight. Remove the foil 15 minutes before the end of cooking time. Mould remaining stuffing into little 'cakes', bake for 15–20 minutes.

Garnish:

Core and slice the apples. Dissolve the sugar in water; add grated lemon rind and mixed spice. Dip the apple slices in this syrup; grill for 5–10 minutes, lay on top of stuffing cakes and arrange round the roast.

BRAISED PORK WITH SAUTÉED APPLE RINGS

1 loin of pork
1 pound white breadcrumbs
2 oz. chopped suet
1 tablespoon chopped thyme
2 tablespoons chopped parsley
1 large cooking apple finely chopped
Salt and freshly ground black pepper
1 egg
Squeeze of lemon juice
Milk to mix if necessary
4 tablespoons olive oil
6 tablespoons dry white wine or cider
3 red eating apples
2 tablespoons butter
Parsley for garnish

Combine breadcrumbs with suet, herbs, finely chopped cooking apple and salt and pepper to taste. Add egg and lemon juice and mix to a paste. If the mixture is too dry, add a little milk.

Slice loin of pork down to the bone and place the stuffing between each chop, using long skewers to keep them together, if necessary.

Heat 2 tablespoons of olive oil in a thick-bottomed fireproof casserole and sauté pork in this until golden on all sides. Pour over wine or cider; cover casserole and cook in a moderately hot oven (375°F. Mark 4) for 45 minutes.

Braised pork with sautéed apple rings

When the pork is almost done, core, but do not peel eating apples; slice into rings and fry in butter and remaining olive oil until golden.

Transfer braised loin of pork to a serving dish, garnish with fried apple rings and parsley. Serves 6.

WELSH APPLE PIE

1 pound pork sausage meat
6 rashers streaky bacon
2 cooking apples, peeled, cored and quartered
3 tomatoes, skinned and sliced
Seasoning
1½ pounds potatoes, cooked and creamed
1 oz. cheese, grated
1 oz. butter
Black olives or parsley

Line the bottom of an oven-proof dish with the sausage meat. Cut the rind off rashers of bacon and arrange on top with the apples and tomatoes. Season well and cover with a layer of creamy mashed potato. Sprinkle with grated cheese and dot with butter. Bake in a moderately hot oven (400°F. Mark 5) for 45 minutes until golden brown. Garnish with black olives or parsley and serve hot. Serves 6.

Stuffed bacon rolls and cabbage

STUFFED BACON ROLLS AND CABBAGE

½ pound sausage meat
1 large or 2 small tart apples, peeled, cored and diced
1 tablespoon chopped parsley
1 medium onion, finely chopped
4 tablespoons fresh white breadcrumbs
1 egg, beaten
Pepper
8 rashers back bacon
1 small head white cabbage
Salt

Combine sausage meat, apples, parsley, onion, crumbs and beaten egg and season with pepper to taste.

Remove rind from bacon, flatten each rasher with a broad bladed knife, spread with the stuffing and roll up. Secure with a toothpick. Place on a greased baking sheet and bake for 20 minutes in a moderate oven (375°F. Mark 4).

Meantime, shred cabbage finely and boil quickly until just tender. Season well, turn into serving dish and garnish with bacon rolls.

SAUSAGE ROLL WITH PRUNE AND APPLE STUFFING

¼ pound prunes, soaked overnight
1½ pounds tart apples
Sugar
1½ pounds sausage meat
1 pound flour
Salt and pepper
5 oz. lard
Just under ½ pint water
1 egg for glazing
Duchesse potatoes
4 apples, baked
Parsley for garnish

Simmer prunes until tender, with water to cover. Drain, reserving water, remove stones, and chop finely. Peel, core and slice apples, and cook to a purée in the prune water. Add chopped prunes and sweeten to taste with sugar. If the mixture is too thin, bring to the boil, and cook for a few minutes to reduce, stirring all the time.

Roll out sausage meat thinly, into a rectangle, on greaseproof paper, spread with apple mixture, reserving a little. Roll up like a Swiss roll.

To make the hot water pastry: sieve the flour, salt and pepper to taste into a bowl. Place lard and water in a pan and bring slowly to the boil, until lard has melted. Pour onto flour, and mix quickly to a paste. Roll out into a rectangle large enough to enclose the sausage meat. Wrap round the sausage meat, ensuring that the two ends and the join are well sealed. Place on a baking sheet, with the join under the roll. Decorate with trimmings of pastry, and brush with egg. Bake in a moderately hot oven (400°F. Mark 5) for 45 minutes, or until pastry is golden and cooked.

Garnish with *Duchesse* potatoes and baked apples, which have been scooped out and filled with remaining prune and apple mixture, together with chopped apple centres. Sprinkle with parsley.

APPLE SAUSAGE ROLL

1 pound sausage meat
3 tart cooking apples
1 Spanish onion, finely chopped
Salt and pepper
2 red eating apples
2 oz. butter
1 onion, sliced in rings

3 oz. breadcrumbs
1 egg, beaten
Black olives
Parsley

Roll out sausage meat on greaseproof paper, into a rectangle $\frac{1}{2}$" thick. Pare, core and dice apples; and mix together diced onion, breadcrumbs and egg. Season to taste with salt and pepper. Spread over the sausage meat and roll up like a Swiss roll. Place in a buttered baking dish, and bake in a moderate oven (375°F. Mark 14) for 45 minutes.

Core the eating apples and slice in rings. Sauté in butter. Sauté onion rings in butter and garnish the roll with onion and apple rings.

Decorate with black olives and parsley.

PORK, VEAL AND APPLE LOAF

$\frac{3}{4}$ pound pork, minced
$\frac{3}{4}$ pound veal, minced
1 onion, finely chopped
2 tart eating apples, pared, cored and diced
6 tablespoons fine breadcrumbs
1 tablespoon chopped parsley
1 tablespoon Worcestershire sauce
1 tablespoon Soy sauce (optional)
Salt and pepper
$\frac{1}{4}$ teaspoon ground cloves
1 egg, slightly beaten

Garnish:

1 red apple, cored and sliced
6 stuffed olives, sliced

Mince pork and veal again, with the onion. Mix thoroughly with remaining ingredients, season to taste, pack firmly into a greased loaf tin and bake in a moderate oven (375°F. Mark 4) for 1 hour. Allow to cool, turn out and garnish with apples and olives. Serve with a green salad. Serves 4.

8 · Apple Casseroles

CASSEROLE cookery is probably as old as the art of cooking itself. But it is only recently that it has swept back into fashion, for it is made to measure for today's way of life. Most casserole dishes can be prepared some time in advance of the meal, sometimes a whole day in advance. Lots of them are better for re-heating. This means that working wives and hostesses can prepare the central dish for a party, or just for a family meal, before they go to work and have it waiting for them to pop in the oven for a last few minutes when they arrive home. Casseroles leave you free for that last minute rush – laying the table, getting the children off to bed, changing your dress – confident in the knowledge that all you have to do to serve a splendid meal is to dish it up. No wonder we have re-discovered casseroles with such delight.

CABBAGE WITH APPLES

1 white cabbage (about 2 pounds)
½ pound green bacon or salt pork
1 oz. butter or bacon fat
2 pounds tart apples
Salt and pepper
Carraway seeds

Remove outside leaves from cabbage. Separate remaining leaves of cabbage and boil them in salted water, just enough to soften them.

Dice thin slices of green bacon or salt pork. Melt butter or bacon fat in frying-pan and brown bacon cubes in the fat.

Core apples and cut into thick rounds, then place cabbage and apples in alternate layers in an oven-proof casserole. Scatter diced bacon and add salt, pepper and a sprinkling of carraway seeds to each layer.

Cover casserole and cook in a moderate oven (375°F. Mark 4) for 1–1½ hours, or until tender. Serve very hot in casserole.

RED CABBAGE ROLLS

1 red cabbage (about 2 pounds)
1 pound chestnuts
4 oz. green bacon, diced
1 tablespoon butter or bacon fat
1 pound tart apples
Salt and pepper
1 onion, sliced
1 carrot, sliced
1 bay leaf
¼ pint beef stock
1 tablespoon wine vinegar

Remove outer leaves of cabbage. Separate remaining leaves and boil them in salted water, just enough to soften them. Blanch chestnuts in boiling salted water, peel and skin them, and then boil until tender. Mash chestnuts to a smooth purée.

Dice green bacon. Melt butter or bacon fat in a frying-pan and sauté bacon until golden. Reserve fat.

Pare, core and dice apples and combine with diced bacon and chestnut purée, season to taste. Separate mixture into four parts.

Take two or three cabbage leaves and roll round each portion of purée. Tie each roll firmly with thread and lay them in an oven-proof shallow dish containing fat, sliced onion and carrot, and bay leaf.

Moisten with beef stock and wine vinegar. Cover and cook for about 1 hour in a moderate oven (375°F. Mark 4) or until tender. The sauce should be very much reduced by then. If too thin, reduce sauce by boiling, pour over cabbage rolls, and serve immediately. Serves 4.

PENNSYLVANIA DUTCH CABBAGE CASSEROLE

1 medium head red cabbage
4 red skinned apples, unpeeled
2 tablespoons butter or bacon fat
4 tablespoons brown sugar
4 tablespoons wine vinegar
¼ pint water
1 level teaspoon salt
Freshly ground pepper
½ teaspoon carraway seeds

Remove outer leaves of cabbage. Shred remaining leaves and soak in water for 10 minutes. Drain.

Dice apples. Heat butter or bacon fat in a heavy frying-pan. Combine cabbage and apples, brown sugar, vinegar, water, salt, pepper and carraway seeds. Cover tightly; cook over a low heat, stirring occasionally.

For crisp cabbage – cook 20 minutes. Allow 10 minutes more if you like a softer texture. Serve in a casserole or heated fireproof dish garnished with raw, unpeeled apple rings.

CHOUX ROUGES À LA FLAMANDE

(to serve with roast goose, pork, venison or game)

1 red cabbage (about 2 pounds)
1½ pounds cooking apples
1 pound onions
2 tablespoons butter or bacon fat
2 cloves garlic, crushed
1 level teaspoon grated orange rind
¼ teaspoon each cinnamon, nutmeg and allspice
1 bay leaf
Good pinch dried herbs
Salt
2-4 tablespoons brown sugar
½ pint red wine
2 tablespoons wine vinegar

Wash and clean cabbage; quarter it and remove the central core; shred very finely. Peel, core and slice the apples and peel and slice the onions. Melt butter in a heavy-bottomed fireproof casserole and starting with cabbage, layer vegetables in it. Add onions, then apples, season with garlic, orange rind, spices and herbs, a little salt, some of the sugar and repeat the layers duly seasoned, until cabbage, onions and apples are used up. Pour on the wine and wine vinegar; add a little water, cover the pan, and simmer very slowly for 2–3 hours. Serves 6.

Saturday night casserole

SATURDAY NIGHT CASSEROLE

4 large tart apples
3 tablespoons bacon drippings
1 medium onion, finely chopped
2 jars (1 pound each) red cabbage
8 frankfurters
½ cup water

Pare, core and slice apples. Heat bacon drippings in deep skillet; add apples and onion; cook over low heat 10 minutes. Spoon 1 jar of red cabbage into bottom of casserole. Add half the apple mixture; top with 4 frankfurters; repeat. Pour ½ cup water over all. Bake 350°F. Mark 3, 40–45 minutes or until frankfurters are browned. (Frankfurters for top layer are more attractive if scored.) Serves 4.

SHRIMP CURRY

½ Spanish onion, finely chopped
½ green pepper, finely chopped
2 oz. green bacon, blanched and diced
2 tablespoons butter
1 level tablespoon flour
1 tablespoon curry powder
Salt and pepper
¾ pint chicken stock
1 tart eating apple
1 pound cleaned, cooked shrimps
Boiled rice
Indian chutney

Lightly brown onion, green pepper and bacon in butter in a frying-pan. Sprinkle with flour, add curry powder, salt and freshly ground black pepper, to taste. Cook slowly for 5 to 10 minutes. Heat chicken stock in a flameproof casserole; stir in curry mixture; cover and simmer for 30 minutes.

Core, peel and dice apple and add, with shrimps, to sauce; heat through and serve immediately with boiled rice and Indian chutney. Serves 4.

VENISON CURRY

2 pounds prime venison (tender-loin preferably)
¼ pint hot water
½ pint red wine
1 Spanish onion, finely chopped
1 clove garlic, crushed
2 tablespoons olive oil
2 level tablespoons curry powder
Well flavoured beef stock
Basil, Marjoram
2 cooking apples
Boiled rice

Trim fat from meat. Cook slowly in water, adding a little red wine as the meat becomes tender. Sauté onion and garlic in olive oil until transparent; stir in curry powder, cook 2–3 minutes, then add to the meat. Cook for 5 minutes over a fairly hot fire; add enough beef stock to barely cover meat, with a little basil and pinch of marjoram. Peel, core and slice the apples and add to the meat; cover and cook very slowly for 1 hour. Serve with boiled rice, chutney and red cabbage salad. Serves 4.

Ham and apple casserole

HAM AND APPLE CASSEROLE

3 slices raw ham or gammon, $\frac{1}{4}$" thick
1 large onion
1 pound tomatoes
3 medium sized cooking apples, pared, cored and sliced into rings
2 oz. melted butter
Salt and pepper
3 oz. brown sugar
$\frac{3}{4}$ pint well-flavoured chicken stock
Chopped parsley and watercress to garnish

Parboil ham for 10 minutes. Cut onion into rings and blanch in the same water. Skin and slice tomatoes. Toss apple rings in melted butter. Arrange layers of ham, onion, tomatoes and apple rings in an oven-proof casserole, season well and sprinkle with brown sugar. Pour over chicken stock. Bake uncovered in a slow oven (350°F. Mark 3) for 25 to 30 minutes. Garnish with chopped parsley and watercress.

CURRIED LAMB WITH CHUTNEY FILLED APPLE SLICES

1 Spanish onion
1 oz. butter
1 large cooking apple
1 tablespoon flour
1 tablespoon curry powder
¾ pint stock
1 oz. sultanas
1 tablespoon chutney
Cold, cooked lamb
2-3 tart eating apples
Powdered cinnamon
Butter
Chutney
8 oz. patna rice, boiled

Peel and slice onion and fry in butter until transparent. Peel, core and slice apple, add to pan and fry for 5 minutes. Remove from heat and stir in flour, curry powder and stock. Return to heat and bring to the boil, stirring all the time.

Soak sultanas in warm water till soft and plump, drain and add to curry sauce with chutney.

Cut lamb into cubes; add to sauce and simmer gently for ½ hour before serving.

Core eating apples; cut in thick rings; sprinkle with powdered cinnamon and sauté in butter until golden brown. Arrange apple rings – saving 3 for garnish – round edge of large oval serving dish and fill centre of each ring with a spoonful of chutney. Pile boiled rice inside this ring, and slightly overlapping it. Make well in the centre of rice for curried lamb. Place 3 apple rings on top of lamb, fill centres with chutney and serve immediately.

FLEMISH PORK CASSEROLE

4 thick pork chops
4 tablespoons butter
4 tart eating apples
6 spikes rosemary, chopped
Salt and freshly ground black pepper
Watercress

Season pork chops and brown them very slowly on both sides in half the butter. Peel and core apples and cut them into eighths. Put the half-cooked chops in a shallow casserole, sprinkle with rosemary, salt and pepper, and arrange mounds

of apples around them. Sprinkle chops and apples with remaining melted butter, and bake in a moderate oven for $\frac{1}{2}$ hour, or until the pork is thoroughly cooked. Decorate the chops with paper ruffs, garnish with watercress and serve from casserole. Serves 4.

9 · Apples, Poultry and Game

NATURE obviously intended them to go together: apples and game, that is. Why else should the English apple crop be planned to arrive just in time to partner game? The first apples off our trees match the grouse by being ready on August the twelfth. The whole harvest lies before us as pheasant becomes ready to be shot in October. It can't just be coincidence, for the flavours blend so perfectly together, the clean taste of apples contrasts so superbly with the exotic earthiness of game birds, that some supernatural hand must surely have brought them to maturity together.

One of the greatest and most famous dishes of France, *Pheasant à la Normande*, owes its whole personality, not only to the use of cooked apples in its recipe, but also to the use of the *liqueur* distilled from apples, the famous Norman *Calvados*, which lends its superb flavour to this delicious dish.

PHEASANT À LA NORMANDE

2 plump pheasants
4 tablespoons butter
2 large tart apples
1 wineglass Calvados
½ pint fresh cream
Juice of ½ lemon
Salt and pepper

Clean and truss 2 plump pheasants and sauté them in half the butter in a heavy-bottomed frying-pan until they are nicely browned on all sides. Remove and keep warm.

Peel, core and slice apples and sauté them in remaining butter until they are golden. Place apples in the bottom of an earthenware casserole; arrange pheasants on top and baste with pan juices thinned down with Calvados, and cook the birds in a moderate oven (375°F. Mark 4) for about 30 minutes.

Add cream, the juice of half a lemon, and season to taste with salt and freshly ground black pepper. Return the casserole, covered, to the oven and cook until the birds are tender and the sauce is creamy thick. Serves 4–6.

I remember eating with Robert Carrier a recipe of his own creation which I think improved even on that.

ROBERT CARRIER'S PHEASANT WITH GREEN APPLES

1 pheasant
¼ pound green bacon, diced
½ Spanish onion, finely chopped
1 clove garlic, finely chopped
2 tablespoons butter
2 tablespoons olive oil
4 small cooking apples
4 tablespoons Calvados
½ pint cream
Salt and pepper

Sauté diced green bacon and finely chopped onion and garlic in butter and olive oil in a fire-proof casserole until golden. Remove bacon and vegetables; reserve. Then brown pheasant on all sides in resulting amalgamation of fats. Remove pheasant and keep warm.

Peel, core and slice apples thickly and sauté in remaining fat until they start to turn golden. Pour over Calvados. Remove apples from casserole. Skim fat from pan juices. Return pheasant to casserole; surround with apple slices, bacon bits, onion and garlic, and allow to simmer, covered, for 10 minutes. Stir in the cream, add salt and freshly ground black pepper to taste, cover the casserole and cook in a low oven (275°F. Mark ½) until the pheasant is tender.

When ready to serve, remove the pheasant and bacon bits to a clean casserole and keep warm; purée sauce and apples. Correct the seasoning; reheat the sauce; pour over pheasant and serve immediately.

Game has the flavour that we lack today. Accent it easily with a slice of raw beef and half an apple and some finely chopped shallot or onion as Gilbert Harding did in his favourite recipe for roast partridge.

GILBERT HARDING'S ROAST PARTRIDGE

2 plump partridges
4 tablespoons melted butter
Salt and freshly ground black pepper
1 apple, sliced
½ Spanish onion, sliced
2 small pieces raw beef steak
Fat salt pork, or green bacon

Clean partridges inside and out. Brush cavities with melted butter and season liberally with salt and pepper.

Place sliced apple and onion in cavity of each bird with a piece of raw beefsteak.

Truss birds; wrap a thin piece of fat salt pork, or green bacon, around each and roast in a moderate oven (375°F. Mark 4) for about one hour or until tender. Serves 4.

GUINEA FOWL WITH APPLES AND CREAM

1 guinea fowl
Salt and freshly ground black pepper
¼ pound butter
¼ pound green bacon, diced
4 tart apples, peeled, cored and sliced
2 tablespoons cognac
6 tablespoons double cream

Season guinea fowl inside and out with salt and freshly ground black pepper. Heat butter in a flame-proof casserole and sauté diced green bacon until golden; add bird and brown on all sides. Remove and keep warm. Toss apples in remaining fat until well-covered. Return the guinea fowl to the casserole and surround with apples. Pour over brandy; moisten with cream, cover casserole tightly and bake in a

moderate to hot oven (375°–400°F. Mark 4–5) until tender. Serves 4.

CHICKEN AND APPLE SCALLOP

1½ pounds cooked chicken, diced
1-2 tablespoons prepared mustard
½ pound apples, cored and thinly sliced
1 tablespoon lemon juice
¼ pound mushrooms, finely chopped
2 tablespoons butter
¾ pint hot white sauce
¼ pound freshly grated Parmesan
¼ pint double cream
Salt and pepper
Breadcrumbs
Butter

Mix the chicken and mustard together, and put in the bottom of a buttered baking dish. Top with apple slices, and sprinkle with lemon juice. Sauté chopped mushrooms in butter and mix with hot white sauce, grated Parmesan and cream. Season to taste and pour over the chicken, sprinkle with breadcrumbs, and dot with butter. Bake in a moderate oven (375°F. Mark 4) for 20 minutes, until the crumbs are brown. Serves 4.

CHICKEN AND APPLE CASSEROLE

1 frying chicken (about 3 pounds)
Salt, pepper and thyme
¼ pound green bacon, diced
2 tablespoons oil
2 tablespoons butter
½ Spanish onion, very finely chopped
2 apples, peeled, cored and sliced
4 tablespoons cognac
¼ pint apple cider
¼ pint double cream
2 tablespoons finely chopped parsley

Cut chicken into serving pieces; season to taste with salt, freshly ground black pepper and thyme. Sauté diced green bacon in oil and butter until golden. Add chicken pieces and brown on all sides.

Add finely chopped onion and apple and simmer, covered, for 10 minutes. Heat cognac and pour over chicken and

ignite. Moisten with cider; cover casserole and cook over low heat for 30 minutes, or until chicken is tender. Correct seasoning and arrange on a heated serving dish. Stir cream into the sauce and bring to the boiling point. Pour over the chicken; garnish with parsley and serve with rice. Serves 4.

CHICKEN LIVERS AND APPLES

1 pound chicken livers
Seasoned flour
¼ pound butter
2 tablespoons brandy
1 Spanish onion, finely chopped
4 apples, cored and sliced
2 tablespoons sugar

Toss prepared livers in seasoned flour and sauté in 4 tablespoons butter until brown. Flame with brandy; remove and keep warm.

In the same pan melt half the remaining butter and sauté onion until golden. Reserve.

Sprinkle apples with sugar and sauté in remaining butter until tender. Combine onions, apples and chicken livers and serve with rice. Serves 4.

CHICKEN CURRY

¼ pint olive oil
2 cloves garlic, crushed
2 oz. butter
2 x 2 pounds frying chickens, jointed
1 Spanish onion, finely chopped
2-3 tablespoons curry powder
4 stalks celery, finely chopped
4 medium-sized tart apples, cored, pared and diced
¾ pint chicken stock
Salt, pepper and lemon juice

Heat oil in heavy frying-pan with crushed garlic, add butter and fry chicken joints in this until golden. Remove chicken and keep warm. Add onion, curry powder and celery to the pan and cook gently for 5–10 minutes. Return chicken joints to pan with chopped apples and chicken stock, cover and continue cooking over low heat 45–60 minutes or until chicken is tender. Season to taste. Serves 6.

Turkey or duck can be substituted for chicken. If left-overs are used, prepare the sauce separately and add the left-overs 15 minutes before serving.

Serve with boiled rice, sweet chutney, sultanas, bananas, coconut, or additions of your choice. Serves 4–6.

FRIED CHICKEN AND APPLES IN CREAM

2 small frying chickens
Milk
Beaten egg
Breadcrumbs
4 oz. butter
2-3 eating apples
½ pint cream
Salt and pepper
2 oz. brandy
Watercress

Joint chickens; put them in a shallow bowl and cover with milk. Let stand for 30 minutes; then remove from the milk and drain. Dip chicken pieces in beaten egg and then in breadcrumbs.

Sauté chicken pieces in butter until golden brown on all sides. Remove and drain.

Pare, core and slice apples into eighths and sauté in same pan for 3–5 minutes. Stir in cream and add salt and pepper to taste. Turn up the flame and bring mixture slowly to the boil.

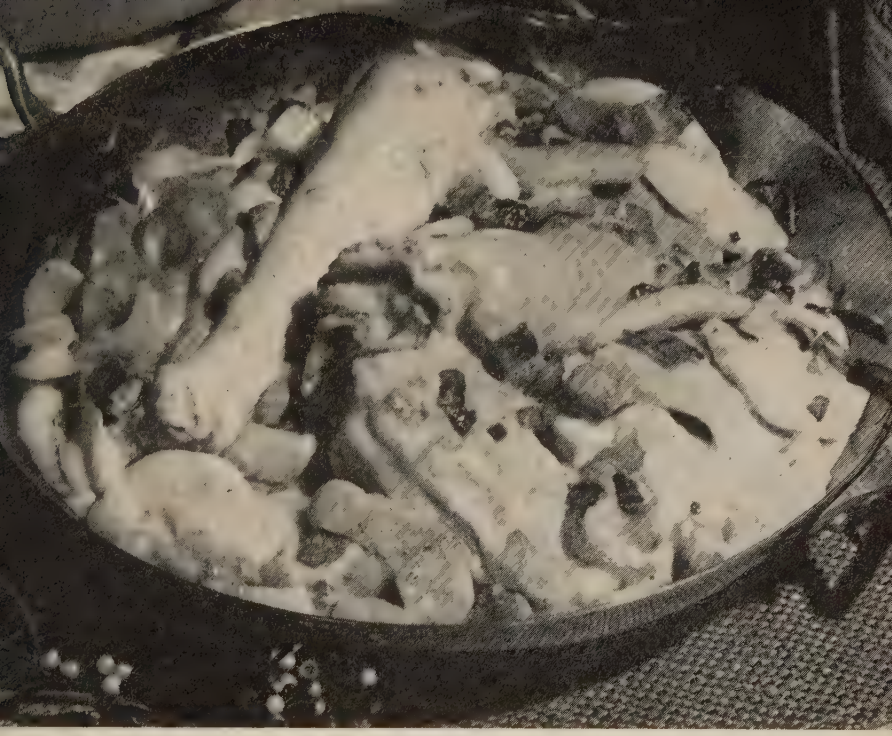
Arrange chicken pieces in a casserole; sprinkle with brandy and pour over cream and apple mixture. Bake in a slow oven (325°F. Mark 2) for about 40 minutes, or until the chicken pieces are tender and sauce has thickened. Garnish with watercress. Serves 4–6.

CHICKEN NORMANDY

1 roasting chicken, jointed
Butter
1 medium onion, sliced
3 rashers streaky bacon, cut in lardons
3 stalks celery
2 apples, cored and diced
1 oz. flour
½–¾ pint cider
1 gill cream

Brown chicken joints in butter, remove and keep warm. In same pan, cook onion, bacon and celery till just turning brown, add apple and fry 2–3 minutes more.

Take off heat, dust in flour, add cider and bring, stirring,



Chicken Normandy

to the boil. Return pieces of chicken to the pan, and simmer covered, till tender.

Stir in cream, bring to the boil and serve. Serves 4–6.

MAYONNAISE OF CHICKEN

1 pound cold cooked chicken
2 eating apples
2 stalks celery
1 tablespoon finely chopped onion
1 clove garlic, finely chopped
4 tablespoons finely chopped parsley
4 tablespoons olive oil
2 tablespoons wine vinegar
Salt and freshly ground black pepper
Well-flavoured mayonnaise
Salad greens
4 hard boiled eggs, thinly sliced
Sliced gherkins

Trim and dice chicken. Peel, core and dice apples. Clean and dice celery. Combine diced chicken, apples and celery with finely chopped onion and garlic and parsley in a bowl. Season to taste with olive oil, vinegar, salt and freshly ground black pepper and chill.

When ready to serve, stir in enough well-flavoured mayonnaise to bind the mixture and turn out on a bed of salad greens. Decorate salad with additional mayonnaise; rounds of hard boiled eggs and sliced gherkins.

DUCK FARCIE AUX FRUITS

1 large duck
1 pound apples, peeled, cored and quartered
½ pound prunes, soaked and stoned
Salt, pepper and thyme
¼ pound butter
Juice and grated rind of 1 orange

Clean the duck thoroughly inside and out, stuff with the apples and prunes seasoned lightly. Truss and roast, basting frequently with butter and orange juice for 1½–2 hours at 400°F. Mark 5. Shred the thinly pared rind of the oranges, place in cold water, bring to the boil and simmer gently 5 minutes; strain, add to the pan juices, bring to the boil again and pour over the duck prior to serving, or serve separately.

ROAST DUCK WITH APPLE FORCEMEAT BALLS AND GINGER APPLE SAUCE

1 roasting duck
1 oz. butter
1 Spanish onion
1 oz. butter
1 large cooking apple
1 egg or 2 yolks
Chopped parsley
Fresh white bread crumbs
Seasoning
Flour
1 pound cooking apples
Sugar
1 teaspoon powdered ginger
3 oz. crystallized ginger

Spread duck with butter and roast in a moderately hot oven (400°F. Mark 5) for ¾–1 hour, depending on size of duck.

Roast duck with apple forcemeat balls and ginger apple sauce

Peel and slice onion, cook in butter till soft. Put in a basin and chop slightly. Add peeled, cored and coarsely grated apple, egg and parsley. Add sufficient bread crumbs to make mixture firm enough to handle, season well and roll into small balls. Dust with flour and put in with the duck for the last 15 minutes of cooking.

Core and slice apples, cook in a very little water till soft and sieve. Add sugar to taste, powdered ginger and chopped crystallized ginger. This sauce may be served hot or cold.

CHICKEN WITH GOLDEN FRUITS

1 roasting chicken
2-4 tablespoons butter
2 apples, peeled, cored and sliced

Salt and pepper
2 tablespoons cognac
$\frac{1}{4}$-$\frac{1}{2}$ pint chicken stock
Juice of 1 orange
2 tablespoons pineapple juice
2 pears, peeled, cored and sliced
1 orange, cut in segments
1-2 tablespoons arrowroot
4 slices pineapple, fresh or tinned

Cut chicken into serving pieces and sauté the wings, breasts, and thighs in butter until golden. (Keep the drumsticks for another use; they are excellent devilled.) Season well with salt and freshly ground black pepper and continue to cook until chicken is tender. Remove pieces and keep warm.

To make Fruit Sauce: Remove half the fat in the pan; add cognac and set alight; and then bring to the boil, stirring briskly to dissolve crusty bits on sides of pan. Add a little chicken stock made by boiling neck, carcass and giblets of the chicken for a minute or two in a very little water; then add orange and pineapple juice and all juices left from slicing apples, pears and orange. Add arrowroot dissolved in a little water and cook until sauce thickens.

Arrange pieces of chicken on a warm serving dish; garnish with halved slices of pineapple, peeled, cored and sliced apples and pears and orange segments; pour over the sauce and serve. Serves 4 to 6.

10 · Apple Stuffings and Garnishes

WHEN queried in a recent survey, British housewives admitted wryly that they used apples mainly to make apple pies and stewed apples.

I agree that a properly made apple pie has always been the glory of the British kitchen, especially when flavoured with cloves or other spice, with quince, or more subtly, with a few peach leaves. BUT – and the 'but' is big – what about the myriad delicious uses of apples as garnishes for meat, as savoury stuffings for pork, ham, poultry and game; or as the basis for a whole range of savoury dishes?

Our grandmothers would have heartily approved of spicy baked apples served cold with roast pork or goose or any of these delicious variations on the meat with apples theme.

APPLE STUFFING FOR CHICKEN, TURKEY OR PORK

Juice of ½ lemon
2 pounds tart apples, cored, peeled and sliced
¾ pound dry bread crumbs
2 oz. seedless raisins
4 oz. chopped, cooked prunes
4 tablespoons bacon dripping
2 oz. brown sugar
1 tablespoon grated lemon rind
Salt
¼ teaspoon cinnamon
¼ teaspoon powdered ginger
4 tablespoons apple cider

Brush interior of carcass with lemon juice. Combine all ingredients for the stuffing in a large mixing bowl, stir lightly with a fork and fill into bird.

APPLE ORANGE STUFFING (FOR DUCK)

¼ pound salt pork, coarsely chopped
2 tablespoons butter
6 oz. celery, coarsely chopped
2 oz. onion, coarsely chopped
1 pound apples, peeled, cored and diced
6 oz. sugar
½ pound dry bread crumbs
Salt and pepper
1 tablespoon grated orange rind
½ level teaspoon chopped dry sage

Sauté salt pork in butter until crisp; remove pork. Add coarsely chopped celery, onion and apple to pan; cover and cook until tender.

Stir in sautéed pork; add sugar, bread crumbs, salt and pepper to taste, grated orange rind and sage. Mix lightly, fill into bird and roast in the usual way.

APPLE SAUSAGE STUFFING

8 slices white bread
6-8 tablespoons milk
¾ pound sausage meat
1 Spanish onion, chopped
½ pound chicken livers, chopped
4 tablespoons cognac
1 tablespoon finely chopped parsley
¼ level teaspoon marjoram
1 egg, beaten
1 medium sized cooking apple, chopped
Salt and pepper

Dice bread and soak in milk for 10 minutes; drain and mash. Fry sausage meat in a frying-pan for 10 minutes, stirring frequently. Remove sausage meat and drain all but 2 tablespoons of the fat. Sauté onion until golden. Stir in the livers and sauté for a moment. Combine onion-liver mixture with sausage meat, bread, cognac, parsley, marjoram, beaten egg and apple. Correct seasoning and stuff bird.

Enough for 12 pound turkey and goose.

APPLE PRUNE STUFFING

8 slices white bread
¾ pound diced apples
¾ pound cooked prunes, diced
2 oz. chopped nuts
1 level teaspoon salt
½ level teaspoon cinnamon
1 teaspoon grated lemon rind
2 tablespoons lemon juice
1 egg, beaten
6-8 tablespoons melted butter

Dice bread; add apples, prunes, nuts, salt, cinnamon and lemon rind; toss lightly. Mix in the lemon juice, beaten egg and melted butter.

Enough for 10 pound goose. Half for a duck.

APPLE CHESTNUT STUFFING

1 Spanish onion, coarsely chopped
2 tablespoons butter
2 tablespoons olive oil
1 pound apples, peeled, cored and diced
1 pound chestnuts, cooked and chopped
6 oz. seedless raisins, parboiled
1 goose liver, coarsely chopped
Salt and black pepper
4 tablespoons finely chopped parsley
½ level teaspoon each powdered nutmeg, sage and clove

Sauté chopped onion in butter and olive oil until transparent. Add diced apples, chestnuts, parboiled seedless raisins and goose liver and sauté until apples are soft and the mixture is lightly browned. Season to taste with salt, pepper, parsley and powdered spices and stuff bird.

Enough for a 12 pound goose or turkey.

STUFFED SHOULDER OF VEAL

Small shoulder of veal
Salt and pepper
½ Spanish onion
1 oz. butter
3 stalks celery
2 eating apples
2 egg yolks
3-4 oz. fresh breadcrumbs
2 onions
2 carrots
1 turnip
2 stalks celery

1 oz. walnuts, chopped
1 tablespoon chopped parsley
2 oz. dripping
Bouquet garni
Stock

Bone veal, flatten out and season well with salt and pepper.

Peel and slice onion; fry in butter until soft. Add finely diced celery and apples, walnuts, parsley and egg yolks and sufficient breadcrumbs to make a soft but not sticky stuffing. Season to taste with salt and pepper. Spread over meat, roll up and tie well with string. Sauté in hot fat until brown on all sides and remove.

Peel onions, carrots, turnips, clean celery, chop coarsely and fry in dripping until just turning colour. Make a mound of sautéed vegetables in centre of casserole. Place veal on top, add *bouquet garni* and sufficient stock to cover vegetables and braise with lid until meat is tender.

SWEET-SOUR APPLE STICKS

3 tart eating apples
½ Spanish onion, finely chopped
Cocktail gherkins, thinly sliced
4 tablespoons olive oil
4 tablespoons wine vinegar
4 tablespoons sugar
Sprigs of watercress

Core, but do not peel apples; cut into ½-inch strips.

Mix apples, onion and gherkins. Combine olive oil, vinegar and sugar and toss with apple-onion mixture. Chill. Just before serving, garnish with sprigs of watercress. Serves 6.

GRILLED APPLE RINGS

4 tart eating apples
2 tablespoons melted butter
2 tablespoons brown sugar
½ level teaspoon cinnamon

Wash and core apples. Slice crosswise in rings ½-inch thick. Brush with melted butter and dust with brown sugar mixed with cinnamon. Place on a greased baking sheet and grill until brown on one side; turn and brown the other – about 10 minutes in all, or until apples are golden and tender. Serve with sausages, or grilled gammon slices.

Sweet-sour apple sticks

SPICED APPLES

2 pounds cooking apples
2 level teaspoons cornflour
½ pint water
8 oz. sugar
1 teaspoon whole cloves
1 stick cinnamon
⅛ teaspoon salt
Red food colouring
Lemon juice

Core, pare and slice apples into rings about ¼-inch thick. Place apples in flat baking dish. Mix cornflour with a little of the water; combine the sugar, water, spices and salt and add cornflour mixture to this. Make syrup by boiling for five minutes. Add enough colouring to colour light pink. Pour syrup over the apples and bake uncovered in a moderate oven (375°F. Mark 4) for 30 to 40 minutes, or until tender, basting frequently with syrup. Stir in lemon juice and chill. Delicious with ham, goose or duck.

PAN FRIED APPLE SLICES

6 firm red apples
3 tablespoons butter or bacon fat
½ teaspoon salt
½ teaspoon nutmeg
2 oz. brown sugar
4 fluid oz. water

Wash, core and slice apples thinly. Do not peel. Melt butter or bacon fat in a large frying-pan. Put in half the apples, dust with ¼ teaspoon salt and brown slowly on both sides. Sprinkle with ¼ teaspoon nutmeg and 1 oz. brown sugar and 2 oz. water. Cover and simmer-fry for 4–5 minutes, or until apples are tender. Remove and keep warm, repeat with remaining apples. Serve with grilled ham or pork chops.

GLAZED APPLE RINGS

2 pounds cooking apples
½ pint water
8 oz. sugar
¼ teaspoon powdered cloves
Red colouring
6 drops peppermint essence
Salt
Cinnamon

Core apples and cut into ½-inch slices. Combine remaining ingredients, except cinnamon, and heat to boiling point. Cook until syrupy. Add apple slices and simmer for about 5 minutes, or until apples are tender. Dust with cinnamon and serve with meat. Serves 4.

SPICED APPLE PUDDING

(To serve with roast pork or gammon)

5 tart cooking apples, pared, cored and sliced
1 oz. melted butter or bacon dripping
4 oz. sugar
2 eggs, beaten
½ teaspoon cinnamon or other spice
Salt

This is a very delicate dish to serve with roast pork or gammon. Cook the apples until very soft, then mash them and add fat, sugar, beaten eggs, cinnamon, and salt, to taste. Turn into shallow pudding dish or pie tin and bake in a slow oven (325°–350°F. Mark 2–3) for 30 minutes or until delicately brown.

GRILLED APPLE SLICES

6 tart eating apples
4 tablespoons melted butter
4-6 tablespoons dry cake, macaroon or biscuit crumbs
Juice of ½ lemon
Sugar

Wash and core apples but do not peel. Slice and dip in melted butter and then in dry cake, macaroon or biscuit crumbs. Brush with melted butter and grill for about 10 minutes, or until apples are tender. Sprinkle with lemon juice and a little sugar. Delicious with cheese omelette or any smoked meat, bacon, ham or turkey.

11 · Apple Salads

We have come a long way since Evelyn the Diarist, in Charles the Second's time, described salad as 'a mess of raw vegetables.' The discovery of vitamins and the theories developed of their place in nutrition have won. Gone for good are the three hearty meat meals a day that even our grandparents knew.

It was only just before the last war that we discovered what an easy way salads were of adding the raw fruit and vegetables that we need to our diet. In the ordinary fruit salad the apple has long had an important place, since its sharp crispness acts as a foil to the milder flavours of grapes and the acidity of oranges, but gives just that bit of 'bite' that redeems the softness of the other fruit. Now, America has shown us how admirable salads with fruit, eaten with mayonnaise, can be.

The variety of these salads is practically unlimited. All through the year, a dish of salad served by itself or as an accompaniment to the main dish adds colour and interest to any meal.

When you make a salad, watch out not only for flavour, but for texture as well. Celery, tomatoes, chicory, lettuce, all go marvellously well with apples, yet each is as different to the bite as it is to the taste. A delicious accompaniment to cold meats, try ringing the changes between the five

ingredients to bring out the particular flavour of the meat you have chosen.

Then, a good salad maker must be a tyrant in insisting that fresh things are really fresh – lettuce as crisp as can be, tomatoes firm, cucumbers cool and juicy, and the dressing newly made. A Spanish proverb gives us the perfect recipe for that: 'A spendthrift for the oil, a miser for the vinegar, a counsellor for the salt and a madman to stir them up.'

Finally, remember that people eat salad with their eyes as well. So a little extra trouble spent arranging them carefully makes them seem doubly delicious. A useful trick here is to leave the skin on the apple slices and arrange them in a dramatic star shape as the centrepiece of the dish.

AMBER APPLE MOULDS

Bright skinned apples and ruby sections of beetroot give a jewelled look to these individual jellied salads. Specially good, served with cold pork or ham.

1 packet lemon jelly
1 pint apple juice or water
¼ teaspoon salt
1 large apple, chopped, unpeeled
1 oz. chopped walnuts
2 oz. diced beetroot
2 large apples
Juice of 1 lemon
Mayonnaise
Lettuce

Make up the jelly in the usual way using the warmed apple juice or water as liquid. Add salt. Cool until it thickens. Stir in chopped apple, walnuts and beetroot and pour into six individual moulds. Chill until firm. Core and slice apples into rings ¼-inch thick. Soak in lemon juice to prevent browning. Unmould jellies onto individual apple slices, decorate with mayonnaise and serve on a bed of crisp lettuce. Serves 6.

APPLE-TUNA SALAD MOULD

1 pound puréed apples (Bramley's)
¾ pint hot water
2 tablespoons lemon juice

Apple-tuna salad mould

6 oz. cottage cheese
6 oz. mayonnaise
$2\frac{1}{2}$ oz. gelatine
2 red eating apples (Red Delicious)
1 packet of lemon jelly
1 tin flaked tuna fish
10 slices raw cucumber
2 yellow eating apples (Golden Delicious)
Stuffed olives
Walnuts

This jellied salad is made in two parts.

Bottom layer: Blend puréed apples, cottage cheese and mayonnaise and set with $1\frac{1}{2}$ oz. gelatine in a plain round mould. When set, turn out onto dish, and keep chilled. For the top section of the jellied salad: Place slices of red eating apples at the bottom of a jelly mould, and set in position with a little of the warm lemon jelly (made from the packet of lemon jelly, $\frac{3}{4}$ pint hot water and the lemon juice). Add more of the lemon jelly until mould is half full, and allow to set.

Now make an aspic jelly with 1 oz. gelatine, and add the flaked tuna fish, sliced cucumber and sliced yellow apples.

Decorate the sides of the mould with sliced olives and walnuts, and when set in position, add the fish chunks, cucumber slices and apple slices in aspic to that already in the mould. Allow to set thoroughly before turning out on top of the bottom layer. Then garnish serving dish with lettuce, devilled eggs, radishes and fresh parsley. Serve with a creamy mayonnaise.

COTTAGE APPLE RING

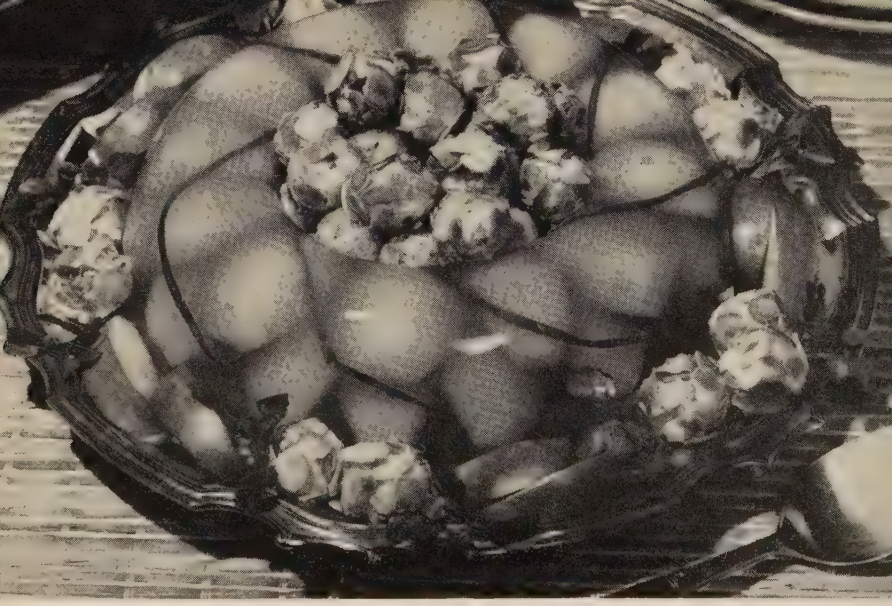
2 pounds cooking apples
½ pint water
12 oz. cottage cheese
6 oz. mayonnaise
2 tablespoons lemon juice
Sugar
1½ oz. gelatine
Crisp salad greens
Salt and pepper
Toasted almonds, chopped
2 eating apples, cored and sliced

Peel and core 2 pounds of cooking apples; chop roughly into pieces and cook to a soft pulp in ½ pint water. Mash or press through a fine sieve. When cool, blend apple purée with 6 oz. cottage cheese, 6 oz. mayonnaise, lemon juice, and sugar to taste. Dissolve gelatine in a very little hot water and add to the mixture. Then pour into a ring mould and allow to set. Just before serving, turn the apple ring out on a serving plate and fill centre with watercress, lettuce or curly endive, or a combination of all three.

Mould remaining cottage cheese, well seasoned with salt and pepper, and, where possible, with chopped chives or spring onion tops, into individual rounds about an inch in diameter. Roll them in toasted chopped almonds and pile them on the bed of green salad in the centre of the apple ring. Decorate serving plates with additional cheese rounds and unpeeled apple slices which have been dipped in lemon juice to prevent browning.

APPLE JELLY RING WITH NUTTY CHEESE BALLS

Rind of ½ orange
3 oz. sugar
¾ pint water
3 even sized cooking apples
½-¾ oz. gelatine (see instructions on packet)
¼ pint orange juice
8 strips finely cut cucumber rind or green pepper



Apple jelly ring with nutty cheese balls

Cut some orange rind into thin slivers, avoiding the white part. Dissolve the sugar in water over a low heat. Put in orange rind. Bring it to the boil.

Peel and core the apples and cut them in quarters. Put the apples into the orange-flavoured sugar syrup and poach very gently till tender but not broken.

Melt the gelatine in the orange juice in a small bowl over a pan of hot water and add to the cooling syrup. Strain and leave to cool.

When thick, use a little to coat the bottom of a 7″ or 8″ ring mould. Place the thin strips of cucumber rind or green pepper for decoration in this jelly coating. Add a little more jelly and arrange the apple quarters in this, curved edge down; then gently pour in the rest of the jelly.

Leave to set and turn out in the usual way.

Serve apple jelly ring garnished with fresh watercress and nutty cheese balls, made of seasoned cottage cheese or cream cheese rolled in flaked toasted almonds.

MOULDED APPLE SALAD

½ oz. gelatine
¼ pint cold water
Juice of 1 lemon
½ pint hot water
2 apples, pared and diced
4 oz. celery, diced
1 oz. chopped walnuts
¼ teaspoon salt
Lettuce
Mayonnaise or salad dressing

Soak gelatine in cold water and lemon juice for 5 minutes; add hot water and dissolve over gentle heat. Remove and cool until it begins to thicken. Add diced apple, diced celery, chopped walnuts and salt. Pour into 1 large mould or 8 to 10 individual moulds. Chill. To serve, turn out on crisp lettuce and top with mayonnaise or salad dressing. Serves 8 to 10.

SALAD APPLE RING

1 packet orange jelly
Juice of 1 lemon
8 oz. cottage cheese
2 oz. chopped walnuts
1½ pounds tart eating apples, cored and diced

Dissolve the jelly in ¾ pint hot water, add the lemon juice. Stir ¾ of the cottage cheese and 1½ oz. of the walnuts into ¼ pint of the dissolved jelly and pour into a lightly oiled ring mould to set. Stir the diced apples into the remaining jelly and pour into the ring mould on top of the cottage cheese mixture. When set turn out and fill the centre with remaining cheese and walnuts and garnish with extra apple if desired.

CHICKEN SALAD IN APPLE SAUCE RING

1 pound cooked chicken, diced
4 oz. celery, diced
1 oz. walnuts, coarsely chopped
Salt and freshly ground black pepper
Mayonnaise
3 eating apples
Crisp salad greens, curly endive or watercress

APPLE SAUCE RING:

½ oz. gelatine
¾ pint unsweetened apple sauce
¼ pint mayonnaise
Lemon juice
Salt and pepper

Combine chicken, celery, walnuts, salt and pepper, to taste, with enough mayonnaise to hold ingredients together. Core apples, but do not pare. Cut in small cubes and add to savoury chicken salad mixture. Serve on crisp bed of salad greens or in apple sauce ring. Serves 6.

To make Apple Sauce ring:

Dissolve ½ oz. gelatine in a little water. Add to ¾ pint unsweetened apple sauce and ¼ pint mayonnaise. Flavour to taste with lemon juice, salt and pepper. Pour into ring mould and set.

APPLE WALDORF SALAD MOULDS

1 packet lemon jelly
½ pint hot water
½ pint cold water or apple juice
2 tablespoons lemon juice
½ teaspoon salt
2 red apples, unpeeled and diced
2 sticks celery, thinly sliced
1 oz. chopped nuts

Garnish:

Apple slices dipped in lemon juice to preserve colour.

Dissolve jelly in hot water. Add cold water or apple juice, lemon juice and salt. Chill until slightly thickened. Fold in remaining ingredients. Turn into individual moulds. Chill. Unmould and garnish with slices of eating apples. Serves 6.

APPLE SOUFFLÉ SALAD

1 packet lemon jelly
½ pint hot water
¼ pint cold water
2-4 tablespoons lemon juice
¼ teaspoon salt
4 fl. oz. mayonnaise
2 apples, peeled, cored and diced
2 sticks celery, sliced
2 oz. seeded grapes
1 oz. walnuts, chopped
Frosted grapes and apple slices

Dissolve jelly in hot water. Add cold water, lemon juice, salt, mayonnaise; blend well with rotary beater. Pour into refrigerator tray and chill in freezing unit for 15 to 20

minutes. Turn semi-frozen mixture into bowl and whip until light and fluffy. Fold in apples, celery, grapes and walnuts and pour into 1 quart or individual moulds. Chill until firm in refrigerator, 30 to 60 minutes. Garnish with frosted grapes and apple slices. Serves 4–6.

APPLE SPRING SALAD

1 packet lemon jelly
¾ pint boiling water
2 tablespoons lemon juice
2 eating apples, cored but not pared, cut into wedges
8 oz. cottage cheese
Walnuts, chopped
6 sprigs fresh mint
Lemon mayonnaise or tartare sauce

Dissolve half the jelly in half the boiling water and add lemon juice. Let cool, then chill till almost set. Half fill individual jelly moulds, which have been rinsed with cold water, press apple wedges into each thickly. Chill till firm, then dissolve rest of jelly with remainder of boiling water. Let cool, mix with cottage cheese, keeping some aside for garnish, and chopped nuts, pour into jelly moulds and chill till firm. Serve on individual appetizer plates, garnished with fresh mint, and a spoonful of seasoned cottage cheese. This apple salad is excellent with lemon mayonnaise or tartare sauce.

PRAWN SALAD RING

1 tablespoon unflavoured gelatine
6 tablespoons warm water
½ teaspoon salt
1 small cucumber, pared
½ small onion
8 oz. cottage cheese
¼ pint mayonnaise
2 eating apples, pared, cored and diced
2 small packets of frozen prawns
A few large fresh prawns
Parsley
Green salad
French dressing

Soften gelatine in water, add salt. Heat and stir over low heat until gelatine dissolves. Halve cucumber and scrape out seeds, grate cucumber and onion. Beat cottage cheese and

Prawn salad ring

mayonnaise into gelatine. Add chopped eating apple, grated cucumber and onion. Lastly add prawns, which have been defrosted. Pour into a ring mould, and allow to set. When firm, unmould and decorate with whole fresh prawns and fresh parsley. Serve with green salad accompanied by French dressing made with olive oil and vinegar, in which a little salt, fresh ground pepper and dry mustard have been mixed.

APPLE POTATO SALAD

2-4 tablespoons French mustard

1½ pounds diced cooked potatoes

4 tablespoons evaporated milk
3 tablespoons sugar
3 tablespoons vinegar
½ teaspoon salt
4 tablespoons mayonnaise
1 medium onion, finely chopped
2 stalks celery, sliced
4 diced, unpeeled red apples

Combine French mustard, evaporated milk, sugar, vinegar and salt and beat well. Combine with mayonnaise. Combine remaining ingredients; add mustard dressing immediately and toss until thoroughly mixed. Serve on crisp salad greens. Makes 6 to 8 servings.

APPLE COLE SLAW MEDLEY

¾ pound shredded crisp white cabbage
Small tin pineapple chunks, drained
2 tart eating apples, cored and sliced
2 sticks celery, finely sliced
¼ pint mayonnaise
Lettuce

To Garnish:
8 black olives, stoned
8 walnuts, coarsely chopped
Parsley
1 tart eating apple, cored and sliced

Crisp cabbage in cold water for ½ hour. Dry. Combine crisped cabbage, pineapple chunks, sliced apples and celery with mayonnaise, tossing well until mayonnaise coats all ingredients. Serve in lettuce lined bowl garnished with olives, walnuts, parsley and sliced apple.

MY COLE SLAW

¾ pound white cabbage, finely shredded
1 Spanish onion
2 red apples
1 tablespoon capers
1 dill pickle, sliced thinly
French dressing

Crisp cabbage in cold water for at least ½ hour; drain well and roll in a towel to dry. Slice onion finely and separate into rings; core apples and cut into thin wedges. Combine onion rings, apple wedges, drained cabbage, capers and pickle and toss with French dressing. Serves 6.

CABBAGE AND APPLE SWEET SALAD

¾ pound white cabbage, finely shredded
3 large red apples, unpeeled and chopped
6 tablespoons seedless raisins
8 walnuts, roughly chopped
Salad dressing
Salt

Crisp shredded cabbage in cold water for at least ½ hour. Then combine cabbage, apples, raisins and nuts. Add salad dressing and salt to taste. Toss slightly and serve in lettuce cups or from salad bowl. Serves 6.

CABBAGE AND APPLE SAVOURY SALAD

2-3 eating apples
¾ pound finely shredded crisp red cabbage (blanched 3 to 5 minutes)
1 stalk celery, chopped
½ green pepper, diced
2 tablespoons finely chopped onion
1 level tablespoon sugar
Salt and pepper
2 tablespoons wine vinegar
4-6 tablespoons olive oil

Core and dice unpared eating apples and combine with vegetables in bowl. Mix remaining ingredients; pour over vegetables. Toss. Chill for one hour. Serves 4 to 6.

CABBAGE APPLE TOSS

1 small crisp red cabbage, finely shredded
4 unpared eating apples, cored and diced
2 stalks celery, sliced
2 tablespoons onion, finely chopped
1 tablespoon castor sugar
1 teaspoon mustard
Salt and pepper
4 tablespoons wine vinegar
4 tablespoons olive oil
Onion rings
Green pepper rings

Toss cabbage, apple, celery and onion in bowl. Combine sugar, mustard, salt, pepper, vinegar and oil ingredients and pour over fruit and vegetable mixture. Toss lightly. Chill one hour. Trim with rings of onions and green peppers and serve as accompaniment to roast duck, goose or gammon.

This speciality is an invigorating contrast to a rich, hot main dish. Try it also as a summer partner for cold pork.

APPLE PIN-WHEEL SALADS

4 tablespoons seedless raisins
Juice of 1 lemon
5 tart eating apples
4 tablespoons diced celery or chicory
2 oz. coarsely broken walnuts
4 tablespoons mayonnaise
4 tablespoons cream or top milk
Pepper and salt
4 lettuce cups

Plump up seedless raisins in juice of ½ lemon. Peel and core 4 apples and cut into cubes. Core remaining apple and slice thinly. Place apple pieces in lemon juice and a little water to preserve colour.

Combine diced apples, celery or chicory, broken walnuts and raisins (reserving a few raisins for garnish). Blend mayonnaise and cream and toss with apple mixture. Season to taste and pile into individual lettuce cups. Decorate with slices of apple in a 'pin-wheel' and top with remaining raisins.

APPLE AND HAM SUPPER SALAD

6-8 tart eating apples, pared
Juice of 1 lemon
1 pound cooked ham, diced
2 oz. sliced green pepper
¼ pint mayonnaise
4 tablespoons light cream
2 oz. crumbled blue cheese

Garnish:
Fresh parsley
Apple slices
Lettuce

Cut balls from apples, using melon-cutter or a sharp teaspoon. Soak apple balls in lemon juice to preserve colour. Drain and combine with ham, cut to approximately same size as apple balls, and sliced green pepper.

Blend mayonnaise and cream; add to apple mixture and toss. Sprinkle with blue cheese and garnish salad with parsley and a star of red-skinned apple slices, dipped in lemon juice to keep colour bright. Serve in lettuce-lined salad bowl.

CALIFORNIA LUNCHEON SALAD

1 pound cottage cheese
Lettuce
2 red apples, cored and sliced

6 pear halves, fresh or tinned
1 avocado, peeled and sliced
Chopped walnuts (optional)

Dressing:

¼ pint sour cream
1 tablespoon mayonnaise
Lemon juice

Mound cottage cheese on lettuce in centre of dish. Arrange pear halves cut side up, around cheese. Arrange sliced apple and peeled and sliced avocado between pears. Sprinkle with chopped walnuts if desired and serve with dressing.

To make dressing: Mix cream, mayonnaise and lemon juice, to taste. Serves 6.

APPLE FRANKFURTER SALAD

¼ pound cooked frankfurters sliced
2 cooked potatoes, diced
2 eating apples, peeled
1-2 tablespoons finely chopped onion
Salt and pepper
4 slices raw bacon, diced
Mayonnaise
Whipped cream
Paprika

Combine sliced frankfurters with diced potatoes and apples and finely chopped onion in serving bowl. Season to taste with salt and pepper. Fry diced bacon. Add to ingredients in bowl.

Combine equal quantities of mayonnaise and whipped cream and season with paprika, salt and pepper, to taste. Pour over salad and toss. Serves 4–6.

SUMMER BEEF SALAD

1 pound rare roast beef, cold
2 eating apples
2 stalks celery
4 shallots, finely chopped
1 small clove garlic
4 tablespoons finely chopped parsley
6-8 tablespoons olive oil
2-3 tablespoons wine vinegar
Salt and freshly ground black pepper

Trim and dice roast beef. Peel, core and dice apples. Clean and dice celery.

Combine diced beef, apples and celery with finely chopped shallots, garlic, and parsley in a salad bowl. Season to taste with olive oil, vinegar, salt and freshly ground black pepper and chill. Makes *hors d'oeuvre* salad for 4 to 6.

APPLE FLOWER SALAD

2 oz. Leicester cheese
2 red eating apples, sliced
2 green eating apples, sliced
1 orange, peeled and divided into segments
Lettuce hearts
Crisp watercress
Walnuts
Spring onions
French dressing or lemon mayonnaise

Crumble the cheese and make a mound in the centre of dish. Place slices of apples, segments of orange and lettuce hearts alternately around the dish, and garnish with watercress, walnuts and spring onions.

Serve with French dressing or lemon mayonnaise.

Apple flower salad

APPLE LUNCHEON SALAD

4 apples cored and diced but not peeled
2 stalks celery, diced
Juice of 1 lemon
1 pound of one of the following :
chopped cooked pork, ham, veal, chicken, turkey or diced cheese.
French dressing, sour cream or mayonnaise
Lettuce cups

Mix raw apple, celery and lemon juice with either chopped cooked pork, ham, veal, chicken, turkey, diced cheese, or a combination of these. Moisten with a tart French dressing, sour cream or mayonnaise and serve in lettuce cups or individual bowls. Serves 4.

For a jellied salad – fold the above ingredients, except the dressing, into a partially thickened gelatine mixture and mould.

CHEESE, APPLE AND TOMATO SALAD

1 pound eating apples
1 pound tomatoes
2 teaspoons castor sugar
Salt and pepper
½ pound cheese
French dressing
2 tablespoons chopped chives

Peel and core apples and cut in quarters, or eighths. Skin and quarter the tomatoes. Put in a bowl with apples and sprinkle with sugar and salt and pepper to taste. Dice cheese and add to the tomatoes. Moisten with French dressing and chopped chives.

TURKEY APPLE SALAD

1 pound cooked turkey or chicken, diced
2 apples, pared, cored and diced
Juice of 1 lemon
4 stalks celery, chopped
2 hard boiled eggs, chopped
Salt and pepper
¼ pint well-flavoured mayonnaise
2-4 tablespoons finely chopped parsley

Combine diced turkey and apple in a mixing bowl; add

lemon juice and toss lightly. Stir in chopped celery and egg and season to taste with salt and freshly ground black pepper.

Combine mayonnaise and parsley and fold into turkey mixture. Serve in lettuce cups, garnished with additional apple slices and fresh parsley.

SALMON MOUSSE

1 oz. butter
1 tablespoon finely chopped onion
1 oz. flour
½ pint milk
Thyme
Bay leaf
Nutmeg
½ pound salmon (tinned or fresh)
1 level dessertspoon gelatine
2 oz. stoned chopped black olives
2 sticks celery, diced
1 pound red eating apples
2 tablespoons tomato ketchup
3 tablespoons mayonnaise
Salt and pepper
Juice of 1 lemon
Black olives
½ cucumber
Watercress (for decoration)

Melt butter in saucepan and gently fry the chopped onion until transparent, but not brown. Stir in flour and cook gently for 3 minutes. Add milk gradually, stirring all the time. Add thyme (in a piece of muslin), bayleaf, grated nutmeg. Simmer over a low heat for 10 minutes. Remove herbs and cool sauce.

Flake salmon finely and gradually beat into the sauce. Add gelatine, dissolved in 2 tablespoons water, chopped olives, celery and 1 diced red eating apple. Stir in tomato ketchup and mayonnaise and season to taste with salt and pepper. Pile into a serving dish and chill.

Just before serving, decorate with rest of apples cut into slices and dipped in lemon juice to retain colour. Fill the centre of the dish with black olives, finely sliced cucumber and watercress.

CURRIED CHEESE AND APPLE SALAD

4 oz. Swiss cheese, diced
4 oz. Cheddar cheese, diced
2 oz. walnuts, chopped
Curried mayonnaise
Crisp lettuce leaves

4 apples, cored and diced but not peeled
2-4 tablespoons finely chopped parsley

Combine cheese, apples and nuts with enough curried mayonnaise to lightly coat the mixture.

To serve: heap in lettuce cups and sprinkle with finely chopped parsley. Serves 4–6.

HAM, APPLE AND BLUE CHEESE SALAD

½ inch thick slice ham
6 oz. Danish Blue cheese
3 red eating apples
Juice of a lemon
Lettuce
Chopped green pepper
Parsley
French dressing

Cut ham into ½-inch squares. Roll cheese into small balls. Dice apples leaving peel on and dip into lemon juice to keep their colour. Line a dish with lettuce and make piles of cheese, ham and apple. Sprinkle with chopped green pepper and garnish with parsley. Serve with French dressing.

Ham, apple and blue cheese salad

SUMMER SUPPER SALAD

2 eating apples
Juice of ½ lemon
¼ pound cooked frankfurters, sliced
1 stalk celery, diced
1 hard boiled egg, chopped
4 oz. *Gruyère* cheese, diced
¼ pint French dressing

Core, peel and dice eating apples and soak in lemon juice to prevent browning. Combine diced apples with frankfurters, celery, egg and cheese in serving bowl and chill well. Just before serving, pour over dressing and toss lightly together.

RICE AND APPLE SALAD

6 oz. Patna rice
2 red apples, unpeeled and diced
Lemon juice
8 oz. peeled prawns
½ green pepper, diced
10-12 black olives, pitted and sliced
1 tinned pimento, diced
2 stalks celery, sliced
6 radishes, sliced
2 oz. mushrooms, sliced
French dressing
3 eggs hard boiled
2 oz. butter
Mayonnaise
Chopped parsley
Watercress

Cook rice in boiling salted water until tender but not mushy. Rinse in cold water, drain and cool.

Add apples, which have been dipped in lemon juice to avoid discoloration, half the prawns, pepper, olives, pimento, celery, radishes and mushrooms, previously cooked in a little water and lemon juice for a few minutes.

Toss with sufficient French dressing to moisten well; pile into salad bowl and make a well in the centre.

Cut hard-boiled eggs in half lengthways, and pound yolks with rest of prawns and butter. Add mayonnaise, to taste, and chopped parsley, and pipe back into the halved eggs.

Arrange eggs round side of salad bowl and pile watercress in the centre.

GOURMET APPLE BASKETS

4 ripe eating apples
Walnuts

Gourmet apple baskets

Lemon juice
16 grapes, peeled
½ pound diced ham (could be chicken, tuna fish or salmon)
16 black olives
Small balls of cream cheese, top of milk, chopped chives, salted nuts
Watercress
Fresh mint
Well-flavoured mayonnaise

Scoop out flesh of apples with a grapefruit knife and brush inside of apples with lemon juice to preserve colour. Dice flesh of apple and soak in lemon juice. Fill hollowed out apples with peeled grapes, diced ham, black olives, walnuts and diced apple.

Make small balls of cream cheese, seasoned and mixed with a little top of milk and chopped chives and rolled in very finely chopped salted nuts.

To serve: Place individual apple baskets on a bed of watercress; decorate with a sprig of fresh mint, and serve chilled with a bowl of well-flavoured mayonnaise.

APPLE AVOCADO SALAD

4 eating apples
1 avocado pear
Juice of 2 lemons
2 oz. salted mixed nuts
Crisp watercress
French dressing

Core apples but do not pare. Slice into wedges one-eighth inch thick. Slice avocado in half, remove stone, pare and slice one-eighth inch thick. Cover apple and avocado slices with lemon juice to prevent browning. Just before serving, drain; add salted nuts and watercress and toss with a good French dressing (made with olive oil, some of the drained lemon juice, pepper, salt and a little sugar).

SUMMER APPLE SALAD

This special salad uses apples whole, while the core cavities are filled to overflowing with all your favourite salad mixtures – spicy pickled walnuts, slim salty anchovies, smooth cream cheese and everything else you can think of!

POACHED APPLE SALADS

Core and peel one ripe eating apple for each serving. Poach apples gently in water to which you have added the juice of 1 lemon and 4 tablespoons sugar until they have softened slightly.

When cold, place on serving dish and garnish with one or more of the following savoury salad fillings:

(1) Cream cheese flavoured with tomato chutney, chopped ham and gherkins.
(2) Cream cheese, chopped green pepper, pickled walnuts and chives.
(3) Chopped hard-boiled egg bound with mayonnaise and garnished with hard-boiled egg, olives and sliced pimentoes.

PRAWN—APPLE SERPENTINE SALAD

5 red apples
6-8 oz. peeled prawns
Juice of 1 lemon
Salt and pepper
1 tablespoon finely chopped onion

Prawn-apple serpentine salad

½ cucumber, diced
½ gill mayonnaise or salad dressing

Prepare apples – remove a thick slice vertically from each side of three of the apples and from one side only of the remaining two, dice the flesh and soak with the prawns in lemon juice. Scoop out the centres of each apple, remove the core, dice remaining flesh and add to the prawn and apple mixture, combine with the cucumber seasoning and onion, to taste. Add enough mayonnaise to bind and turn into the apple 'basket' made by placing the apples together in a line, garnish as desired and serve with green salad.

CHEESE APPLE DESSERT

4 tart eating apples
Juice of lemon
4 tablespoons thick mayonnaise

½ pint water
4 tablespoons mashed Roquefort cheese
2 tablespoons double cream
2 tablespoons finely chopped tarragon or parsley
4 tablespoons whipped cream
Lemon juice and salt
Paprika
Cheese biscuits

Peel and core eating apples largely. Dip in lemon juice and water to preserve colour. Cream Roquefort cheese with cream and chopped tarragon or parsley. Season with a sauce made of mayonnaise, whipped cream and a little lemon juice and salt. Fill apple cavities with this mixture. Sprinkle with paprika and serve chilled with cheese biscuits. Serves 4.

APPLE CHEESE CUPS

4 ripe eating apples
Juice of 1 lemon
½ pint water
2 stalks celery, diced
1 oz. salted nuts
8 oz. cottage cheese
Salad dressing
Paprika
Lettuce

Core apples; scoop out pulp to make apple cups, and grate the pulp. Add lemon juice to ½ pint water and fill each apple 'cup' with this liquid to preserve colour.

Dice celery; combine with grated apple pulp, salted nuts and cottage cheese. Blend with salad dressing.

Dry apple cups and fill with cheese mixture. Sprinkle with paprika and serve on crisp beds of lettuce.

CRAB AND APPLE SALAD

1 medium size tin of crab meat
2 small eating apples, pared, cored and diced
Mayonnaise
1 tablespoon finely chopped chives
1 clove garlic, crushed
Lemon juice
Salt and pepper
12 thick slices fresh tomato

Combine crab meat, diced apple and enough mayonnaise

to coat evenly. Add finely chopped chives and garlic and season to taste with lemon juice, salt and freshly ground black pepper.

To serve: Place 3 thick slices of tomato on each plate and spoon the crab meat mixture over. Serves 4.

12 · Variations on the Sauce Theme

'New dishes beget new appetites' runs the old saw and one of the easiest ways of creating a new dish is to add a fresh sauce to one of your old favourites.

Try Bramley Seedlings for the following variations on the apple sauce theme to serve with roast pork, goose and gammon. Apple sauce is also excellent folded into a savoury omelette or used as a tasty filling for pastries and pies.

HOT ENGLISH APPLE SAUCE

2 pounds cooking apples
2 tablespoons water
2 or 3 cloves
2 tablespoons sugar
2 oz. butter
Lemon juice

Peel, quarter and core the apples. Cut quarters into slices, place in pan with water, cloves and sugar. Simmer until tender, then remove cloves, add butter and lemon juice to taste, and whisk until smooth, or rub through a sieve. Serve with roast pork, gammon, duck or goose, rabbit, sausages and other roast meats.

QUINCE APPLE SAUCE

Add 1 small quince to the above recipe and cook as above.

HORSE-RADISH APPLE SAUCE

Stir 1–2 tablespoons freshly grated horse-radish into the finished sauce.

MINT APPLE SAUCE

Stir 1–2 tablespoons chopped fresh mint into the finished sauce.

HERBED APPLE SAUCE

Stir 1–2 tablespoons finely chopped chives or fresh dill into the finished sauce.

COLD ENGLISH APPLE SAUCE

2 pounds cooking apples
2-4 tablespoons water
2-3 lemon slices
2 tablespoons sugar
½ teaspoon vanilla essence
2 tablespoons cream (optional)
Cinnamon (optional)

Peel, quarter and core the apples. Cut into slices, place in pan with water, lemon slices and sugar. Simmer until tender, then remove lemon slices; add vanilla essence and whip until smooth. Add cream and dust with powdered cinnamon, if desired.

APPLE SHERBET

¾ pint apple sauce, as above
1 tablespoon lemon juice
¼ pint cream, whipped

To well-chilled apple sauce add lemon juice. Whip cream. Gradually add apple sauce, continuing to beat until very stiff. Freeze in a refrigerator tray until firm but not icy-hard. Stir with a fork, and serve in sherbet glasses to accompany the meat course at dinner, or with biscuits for a light sweet. Serves 4 to 6.

GIVE YOUR APPLE SAUCE A GLAMOUR TOUCH

For special occasions, mix Jamaica rum, to taste, into each serving of apple sauce. Serve in handsome glasses and pass the nutmeg grater to your guests. They'll come back for more.

TRANSPARENT APPLE SAUCE

4 cooking apples
4 tablespoons butter
4 tablespoons water
Sugar, to taste
Cinnamon

Pare, core and cut apples into thick slices. Melt butter, add apple slices and water. Cover and allow to cook very gently over a low heat until apple slices are almost tender – 4 to 5 minutes.

Remove cover, add sugar, sprinkle generously with cinnamon and cook, stirring occasionally, until slices are transparent and glazed with a thick syrup. Serve warm with fresh cream or custard for a delicious sweet. Serves 4–6.

CIDER APPLE SAUCE

2 oz. butter
3 oz. sugar
2 pounds cooking apples
Cider, to cover

Melt butter in a heavy saucepan; add sugar and cook until gold. Peel, core and quarter apples and add to butter-sugar mixture with cider. Cover and simmer till soft. Strain through a fine sieve.

APPLE SAUCE NORMANDY

As above, but add 2 tablespoons double cream and 2 tablespoons Calvados just before serving.

ORANGE APPLE SAUCE

1 pound apples
1 oz. butter
2 tablespoons orange juice
2 teaspoons finely grated orange peel
Sugar
1 tablespoon rum

Peel, core and slice apples and cook with butter to a pulp, moistening with orange juice. Put through a sieve and stir in grated orange peel and sugar to taste. Just before serving, add rum.

BAKED APPLE COMPOTE

2 pounds cooking apples
Juice and rind of 1 lemon
6 oz. brown sugar
2 oz. butter
Double cream

Slice cooking apples, peeled and cored, into a buttered baking dish. Sprinkle the slices with lemon juice, grated lemon rind and brown sugar and dot with butter. Bake uncovered in a moderate oven (375°F. Mark 4) for 30 minutes, or until tender. Serve with double cream. Serves 4.

13 · Ways with a Baked Apple

'THERE is nothing in the way of fruit one half so good as baked apples,' claimed Jane Austen. And she was right, for England is the only country in the world blessed with a perfect cooking apple. Bramleys are beauties; a handsome, firm fleshed cooking apple, golden green, streaked with coppery red. Unlike some beauties, Bramley Seedlings' good points go more than skin deep. They have the highest vitamin content of any apple, so they are especially good for you, and their flesh cooks fluffy smooth for superb baked apples and apple dumplings.

BAKED APPLES—SIMPLEST VERSION

6 cooking apples
6 tablespoons water
6 tablespoons castor sugar
3 tablespoons butter
Cream

Wash and core apples and pare a strip round the centre of each apple. Place in a baking dish just large enough to hold them. Cover bottom of the dish with water to prevent apples sticking.

Bake uncovered in a slow oven (350°F. Mark 3) for about 45 minutes, or until apples are nearly done. Add 1 tablespoon

sugar and a bit of butter to each apple and return to oven and finish baking. Serve baked apples with cream. Serves 6.

COUNTRY STYLE BAKED APPLES

6 cooking apples
6 tablespoons water
6 oz. raisins or currants
2 tablespoons brown sugar
2 tablespoons butter
½ pint cream

Wash and core apples and pare a strip around the centre of each apple. Place in a baking dish just large enough to hold them. Cover bottom of dish with water to prevent apples sticking. Fill apple centres with raisins, brown sugar and butter. Bake apples until tender. Serve hot with cold fresh cream. Serves 6.

SYRUP BAKED APPLES

6 cooking apples
4 oz. granulated sugar
¼ pint water
6 tablespoons brown sugar
½ teaspoon cinnamon
2 tablespoons butter

Core apples, pare top half of each and place in greased baking dish. Combine granulated sugar with water and boil for 3 minutes. In each apple place 1 tablespoon brown sugar, sprinkle with cinnamon and dot with butter. Sprinkle with sugar syrup and pour remainder around base of apples. Bake in a moderate oven (375°F. Mark 4) until done. Serves 6.

GOLDEN GLAZED APPLES

6 cooking apples
4 tablespoons lemon juice
1½ oz. seedless raisins
2 oz. chopped walnuts
½ pint golden syrup

Wash and core apples and pare a strip around the centre. Arrange the apples in a well buttered baking dish. Mix lemon juice, raisins and walnuts together and fill centres of apples with this mixture, sprinkling surplus over the top. Dribble syrup over the apples; cover and bake in a moderate oven (375°F. Mark 4) for 40 minutes, basting occasionally with the syrup. Serve hot with cream and hot syrup. Serves 6.

RUM BAKED APPLES IN CREAM

6 cooking apples
Butter
3 tablespoons rum
3 tablespoons water
6 oz. sugar
½ teaspoon cinnamon
¼ teaspoon freshly ground nutmeg
¼ pint double cream

Wash, pare, core and thinly slice the apples and arrange them in a well-buttered baking dish. Dot with butter. Combine remaining ingredients; pour over apples and bake in a moderate oven (375°F. Mark 4) for about ½ hour or until tender. Serve hot. Serves 6.

BAKED APPLES HAWAII

4 cooking apples
2 oz. butter
2 oz. castor sugar
1 medium sized tin pineapple slices
Shredded coconut
Olive oil for frying

Core the apples, peel halfway down, and place them side by side in a buttered casserole. Cream butter and sugar together. Drain pineapple and put 4 slices on one side. Crush the rest to a pulp, and mix with the sugar and butter mixture. Stuff the apples with this mixture and spread it over the tops of the apples. Cover, and bake for about one hour, until tender, in a moderate oven (375°F. Mark 4).

Remove from the oven and scatter shredded coconut over apples. Bake for a few minutes more, until the coconut is a golden brown. Meanwhile, heat some olive oil in a pan and lightly fry the four pineapple slices. Remove to the serving dish and place apples on top. Serves 4.

BAKED APPLES WITH APRICOTS

3 oz. dried apricots
2 oz. sugar
4 cooking apples
Shredded coconut
1 slice pineapple
4 maraschino cherries

Lemon glaze:
4 oz. sugar
¼ pint water
Juice of 1 lemon

Soak apricots in hot water for 10 minutes. Remove and put them in a pan with 2 oz. sugar and water to cover. Simmer until tender. Core apples and peel one-third down. Put in an oven-proof dish, stuff with apricots and pour the juices into the dish. Bake in a moderate oven (375°F. Mark 4) for about 40 minutes, or until apples are tender.

Lemon Glaze: Dissolve 4 oz. sugar in $\frac{1}{4}$ pint water with juice of 1 lemon. Boil for 5 minutes, until slightly thickened, taking care that the mixture does not burn. Paint the apples with the lemon glaze and sprinkle with shredded coconut. Garnish with flags of cocktail sticks with pineapple and cherries. Serves 4.

CRANBERRY BAKED APPLES

6 large baking apples
1 can whole-berry cranberry sauce
2 oz. sugar
8 marshmallows, cut in eighths
2 oz. finely chopped walnuts

Spread half the cranberry sauce in shallow baking pan. Add sugar and enough water to fill pan to a depth of about $\frac{1}{2}$-inch. Core apples, peel about $\frac{1}{4}$ down from stem end; place peeled side down on cranberry sauce in pan. Bake at 350°F. Mark 3, for 30 minutes. Turn apples peeled side up. Combine remaining cranberry sauce, marshmallows and chopped walnuts. Fill apples heaping full. Return to oven; bake 15 minutes longer or until apples are tender. Makes 6 servings.

LAVENDER'S ALMOND APPLES

4 large apples
Lemon juice
Cornflour
2 oz. blanched almonds
4 oz. sugar
1 egg
$1\frac{1}{2}$ oz. breadcrumbs
2 oz. butter

Peel and core apples; brush with lemon juice and roll in cornflour. Chop almonds and mix with half the sugar. Beat egg and rest of sugar together and stir in 1 oz. breadcrumbs. Melt butter in an ovenware dish, put in apples and fill up centres with almond and sugar mixture. Mix remainder with

Lavender's almond apples

breadcrumbs and egg and pour over the apples. Sprinkle remaining $\frac{1}{2}$ oz. breadcrumbs on top and bake in a moderate oven (375°F. Mark 4) until tender, approximately $\frac{3}{4}$ hour. Serves 4.

DATE STUFFED BAKED APPLES

6 large apples
12 sliced dates
6 oz. sugar
$\frac{1}{2}$ pint water

Core the apples and remove a wide strip of peel from the stem end. Stuff the cavity with sliced dates. Dissolve the sugar in the water in a baking pan. Add the apples: cover and simmer gently over a low flame until the fruit is tender. Sprinkle sugar over the peeled surface of the apple and place in the broiling oven or on the top shelf of a very hot oven for a few minutes to melt the sugar. Serve warm or cold with cream. Serves 6.

Variations: Add $\frac{1}{4}$ cup finely chopped nuts or preserved ginger with the dates. Golden syrup may be substituted for the sugar by decreasing the water to $\frac{3}{4}$ cup.

PRUNE STUFFED BAKED APPLES

12 prunes
2 oz. brown sugar
3 tablespoons honey
Juice of ½ lemon
1 teaspoon grated lemon rind
6 cooking apples
3 tablespoons butter
3 tablespoons brown sugar
White wine
Whipped cream
1 oz. chopped nuts
1 oz. chopped preserved ginger

Dissolve sugar in a little water and simmer prunes until almost tender. Stone prunes; chop finely and combine in a bowl with honey, lemon juice and rind.

Wash apples thoroughly; remove cores completely and cut apples in half crosswise. Sandwich apple halves together with prune stuffing and place reformed apples in a well-buttered baking dish. Place a knob of butter on each apple; sprinkle with sugar; pour in enough white wine to cover the bottom of the dish and bake in a moderate oven (375°F. Mark 4) for about 1 hour.

Serve apples in their own syrup, topped with whipped cream mixed with chopped nuts and preserved ginger. Serves 6.

BAKED APPLE ZABAGLIONE

6 small baked apples
Syrup
3 egg yolks
1½ oz. castor sugar
A little grated lemon peel
1 gill marsala, madeira or sherry

Place cold baked apples in individual sherbet glasses with a little syrup.

Beat thoroughly together the egg yolks and castor sugar; add a little grated lemon peel and put into a double saucepan over a very slow fire or by the side. Beat continually and add by degrees 1 gill of either marsala, madeira or sherry. Go on with the beating until the mixture thickens and becomes very frothy. Then pour over the cold baked apples and serve.

Baked apple zabaglione

DAISY BAKED APPLES—I

6 baked apples
3 tablespoons apricot jam
3 macaroons, crushed
Syrup
6 stewed apricot halves
¼ pint kirsch-flavoured apricot sauce
1 oz. whole blanched almonds

Remove cores from 6 whole baked apples and fill with apricot jam and crushed macaroons and place apples in individual sherbet glasses with a little syrup. Top each apple with a stewed apricot half, brush with apricot sauce and decorate with halved blanched almonds to form daisy petals. Serves 6.

DAISY BAKED APPLES—II

6 hot baked apples
3 tablespoons apricot jam
3 macaroons, crushed
¼ pint warm rice pudding
¼ pint whipped cream
1 oz. whole blanched almonds
¼ pint kirsch-flavoured apricot sauce

Remove cores from 6 whole baked apples and fill with apricot jam and crushed macaroons.

Spread a layer of freshly cooked, still warm, rice pudding mixed with whipped cream in the bottom of a serving dish. Arrange hot baked apples on the rice, and decorate each with a 'daisy' of almonds. Pour kirsch-flavoured apricot sauce over them and serve. Serves 6.

BAKED APPLES WITH MINCEMEAT—I

6 cooking apples
2 tablespoons water
2 tablespoons lemon juice
Jar of mincemeat
Brown sugar
Butter

Wipe apples thoroughly and pare skin from top third of each apple so they will not burst while baking. Remove cores with an apple corer being careful not to cut through bottom, and stand the apples in a fireproof dish or baking tin.

Pour water and lemon juice around and fill centres of apples with mincemeat, adding a sprinkling of brown sugar and a knob of butter.

Bake in a fairly hot oven (425°F. Mark 6), basting once or twice, until the apples are tender, about 1 hour. Serve warm with cream or ice cream.

BAKED APPLES WITH MINCEMEAT—II

As above, but stuff apples with a paste made of equal quantities of crushed digestive biscuits, mincemeat and butter.

BAKED APPLE MINCEMEAT CUPS

6 cooking apples
Jar of mincemeat
6 tablespoons brown sugar
3 tablespoons water
3 tablespoons lemon or orange juice
Brown sugar
Brandy sauce

Wash apples thoroughly and core. Hollow them, leaving a shell $\frac{1}{3}$-inch thick. Chop the pulp and combine it with mincemeat. Add brown sugar and fill apple cups with this mixture.

Place apples in a baking dish with water and lemon or orange juice. Sprinkle with brown sugar and bake them in a moderate oven (375°F. Mark 4) until done. Baste frequently. Serve with brandy sauce. Serves 6.

FLAMING APPLE MINCEMEAT

6 large baking apples
1 jar mincemeat
2 oz. butter
4 oz. brown sugar
¼ pint white wine
6 teaspoons granulated sugar
6 teaspoons brandy

Peel and core apples largely; combine mincemeat and butter and fill centres with mincemeat mixture. Arrange apples in an oven-proof baking dish just large enough to hold them and sprinkle with brown sugar. Pour white wine in the pan and bake in a moderate oven (375°F. Mark 4) for 40 minutes, or until apples are tender. Remove baked apples to a hot serving platter and stir a little more mincemeat and white wine into syrup remaining in the baking dish. Sprinkle each apple with a little granulated sugar. Add brandy to sauce; ignite and pour the flaming sauce over the apples. Serve immediately. Serves 6.

WINE BAKED APPLES

6 oz. raisins
½ pint white wine
6 cooking apples
1 level teaspoon grated lemon rind
3 tablespoons brown or white sugar
2 tablespoons butter

Soak raisins in white wine for 15 to 20 minutes. Wash and core 6 cooking apples without cutting through the blossom end and pare them one-third of the way down. Place in a well buttered baking dish just large enough to hold them, and fill centres with soaked raisins. Sprinkle liberally with grated lemon rind and sugar; dot with butter and pour remainder of wine slowly over them. Bake in a moderate oven (375°F. Mark 4) for about 1 hour or until the apples are tender, basting occasionally with wine to keep apples moist. Serves 6.

SAVOURY STUFFED BAKED APPLES

2 oz. brown sugar
6 large prunes
2 oz. fresh breadcrumbs
1 level teaspoon dried sage
1 level teaspoon dried thyme
Pinch of salt and pepper
1 tablespoon melted butter
6 cooking apples, cored only

Dissolve sugar in a little water and simmer prunes until almost tender. Stone prunes; chop roughly and combine with breadcrumbs, sage, thyme, salt and pepper to taste, and melted butter. Bind together with juice from prunes and stuff the centres of cored apples. Put apples into a buttered baking dish together with any left-over stuffing and bake for $\frac{1}{2}$ hour or until apples are tender in a moderately hot oven (400°F. Mark 5). Serve as any accompaniment for ham, pork or goose. Serves 6.

14 · Traditional Apple Sweets

As a nation, we are rightly proud of our puddings. 'The pudding-prone English' one American writer has dubbed us; pudding-mad would be an apter title, for no other country has such a wealth of meat and game pies and puddings, fruit and sweet tarts and pies, and puddings of all kinds.

From the start of our history, we seem to have been on the look-out for new delights. Richard the Lion Heart brought back from the Crusades a recipe for orange ice presented to him by Saladin, the legendary warrior Sultan of Egypt and Syria. Henry the Eighth granted a great estate 'to Mistress Cornwallies, widow, and her Heires, in reward of fine Puddings by her made,' and Charles the First was so angry when his cook gave away the secret recipe for his favourite dessert that he had him executed. Princess Charlotte, the unassuming daughter of George the Fourth, even achieved immortality when Carême named the lavish apple pastry he had just created 'Apple Charlotte' in her honour. And George the Second is remembered by most people solely because of his puzzlement as to how the apple got inside the dumpling.

Puddings play a great part in our life. From nursery days onwards, when the rhymes we were brought up on were full of 'Little Jack Horner' and 'Four and twenty blackbirds,'

we remain faithful to our first love. Pudding-prone, in truth; and proud of it.

In olden days, roast apples (baked in our terminology) were often cooked with the cores and pips left in to give a spicy aroma to the well-flavoured apples. When they were to be cored, a bone scoop made from the shank bone of a sheep, cut on the bias and filed smooth, was perfect for the job as it couldn't rust, bend or discolour the fruit. Cored roast apples were filled with sugar and spice, honey and ginger, or mincemeat, or candied peel and syrup, much the same as we do today.

Buttered apples is a dish which dates to 1700, maybe earlier. I like the version featured in Dorothy Hartley's *Food in England* which dices apples, dips them in sugar and fries them in butter. Cubes of stale bread, cut the same size as the apple, are then fried in the same pan with a little additional butter. When they are crisp, they are tossed with the apples and served with crushed sugar and laced with sack or hot cider.

CRUMBED APPLE AMBER

2 pounds cooking apples
2 oz. butter
Juice and grated rind of lemon
2 eggs
6 oz. bread crumbs
Sugar

Make apple sauce with the apples, butter and juice and grated rind of 1 lemon. Cool slightly, fold in well beaten eggs.

Well grease an oven dish and sprinkle breadcrumbs all over, with a thick layer of breadcrumbs on the bottom. Pour in the apple-egg mixture, dot with remaining butter and bake in a moderate oven (375°F. Mark 4) for 20 minutes. Sprinkle with castor sugar and serve. The dish can be slipped under the grill to glaze for a minute.

APPLE AMBER MERINGUE

2 pounds cooking apples
4 tablespoons water
Sliced stale bread
4 oz. butter, melted

Sugar to sweeten apples
2 eggs, separated
1 pinch salt
2 oz. sugar, for meringue

Peel and core apples and simmer in 4 tablespoons of water, until soft. Sieve and sweeten to taste with sugar and beat in egg yolks. Cut bread into rounds about $1\frac{1}{2}$ inches in diameter with biscuit cutters, dip in melted butter and use to line a pie dish. Fill with apple-egg mixture and bake in a moderately hot oven (400°F. Mark 5) for 15 minutes.

Whip egg whites with salt until stiff; fold in $1\frac{1}{2}$ oz. sugar and pile over the apples. Sprinkle with remaining sugar and bake in a slow oven (325°F. Mark 2) until the meringue is crisp and lightly coloured.

APPLE FOOL

2 pounds cooking apples
6 oz. sugar
Juice of 1 orange
$\frac{1}{2}$ pint cream, whipped

Peel, core and slice apples and combine in a buttered baking dish with sugar and orange juice. Bake in a moderate oven (375°F. Mark 4) for 30 minutes, or until soft. Whisk thoroughly, cool and fold in whipped cream.

Serve in a glass serving dish, or individual glasses, decorated as desired.

GINGER APPLE FOOL

2 pounds cooking apples
Juice of 1 lemon
1 oz. butter
2 oz. granulated sugar
$\frac{1}{4}$ pint sweetened custard
$\frac{1}{4}$ pint cream, whipped
2 oz. preserved ginger

Core and quarter apples but do not peel. Cut into thick slices and sprinkle with lemon juice and sugar.

Butter saucepan lightly and add apple mixture; cover saucepan tightly. Simmer over a low heat, stirring occasionally until apples are soft. Remove and sieve. Cool. Beat in the cold custard and fold in whipped cream; turn into serving dish and decorate with preserved ginger.

APPLE AND BLACKBERRY FOOL

2 pounds cooking apples
1 pound blackberries, washed
4-6 oz. granulated sugar
¼ pint cream, whipped
¼ pint custard

Pare, core and slice apples. Wash blackberries and cook fruits with sugar to taste in a little water until thoroughly softened.

Remove from the heat and sieve. Add more sugar if desired and fold in whipped cream and custard. Turn into a glass bowl and decorate as desired.

Apple and blackberry fool

APPLE PORCUPINE

8 small apples
¼ pound sugar
¼ pint water
Juice of 1 lemon
Grated rind of ½ lemon
½ teaspoon vanilla essence
Cochineal
4 tablespoons red currant jelly
2 egg whites
4 tablespoons icing sugar, sifted
Blanched almonds for decoration

Pare and core half the apples, but leave them whole. Dissolve the sugar in the water with the lemon juice, rind and vanilla essence, boil for 5 minutes, and simmer the apples gently in this syrup until they are cooked, but do not let them fall to pieces. Lift out carefully and arrange them in a pie-dish. Pare the remaining apples and cut into quarters. Cook them in the reserved syrup until they are soft enough to be rubbed through a fine sieve. Tint with cochineal and surround the apples in the pie-dish with the tinted apple sauce. Fill the cavities of the whole apples with red currant jelly.

Whisk the egg whites very stiffly, fold in the sifted icing sugar. Pile the meringue mixture over the apples, and then shred blanched almonds lengthwise and arrange them to look like a 'Porcupine' by sticking them into the meringue mixture. Place dish in a very hot oven until meringue is gently browned. Serve immediately.

APPLE BATTER PUDDING

2 oz. flour
¼ teaspoon salt
2 eggs
1 pint milk
6 medium sized eating apples
1 oz. finely chopped suet
¼ teaspoon nutmeg
¼ teaspoon cinnamon

Mix flour, salt, eggs and milk to a smooth batter. Pare, core, and quarter apples. Place them in a deep pie dish, sprinkle on the suet, pour in the batter, dust with nutmeg and cinnamon and bake in a moderately hot oven (400°F. Mark 5) for 1 hour. Serve with sugar.

SCALLOPED APPLES

4 oz. butter
6 oz. breadcrumbs
4 oz. sugar
$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{4}$ teaspoon nutmeg
Grated lemon rind
3 tart eating apples, chopped
2 tablespoons lemon juice
4 tablespoons water

Melt about 3 oz. butter, add the crumbs and mix well. Mix together the sugar, spices and lemon rind. Put $\frac{1}{4}$ of the crumbs in a buttered baking dish, then add half the apples. Sprinkle with half the sugar and spice mixture. Repeat. Sprinkle over the lemon juice and water and put remaining crumbs on top. Dot with butter. Bake for 35 to 45 minutes, covering the dish during the first part of baking.

Baked apple dumplings

BAKED APPLE DUMPLINGS

6 oz. margarine or cooking fat
1⅓ teaspoons salt
⅛ pint boiling water
8 oz. flour
⅔ teaspoon baking powder
6 medium sized cooking apples
4 oz. sugar
½ teaspoon cloves

Measure margarine or cooking fat into a bowl; mix in salt and boiling water. Sift in flour and baking powder. Mix lightly. Chill 10 minutes.

Pare cooking apples and core them not quite to the bottom so they will hold the juices. Roll pastry into 6-inch squares; centre apples, fill with the sugar and spice. Fold pastry over apples, pinch edges together and place small round of pastry on top. Bake 35 minutes in a moderate oven (375°F. Mark 4). Serve hot or cold.

MRS. GLASSE'S APPLE FRAZE

Mrs. Glasse, in her *Art of Cookery* (1747), tells us how to make a delicious pancake-fritter, called in those days, APPLE FRAZE. 'Cut your apples in thick slices, and fry them of a fine light brown; take them up, and lay them to drain, keep them as whole as you can, and either pare them or let it alone; then make a batter as follows: take five eggs, leaving out two whites, beat them up with cream and flour and a little sack (sherry, today); make it the thickness of a pancake-batter, pour in a little melted butter, nutmeg and a little sugar. Let your butter be hot, and drop in your fritters, and on every one lay a slice of apple, and then more batter on them. Fry them a light brown; take them up and strew some double-refined sugar all over them.'

ELIZA ACTON'S FRITTERS

Eliza Acton – *Modern Cookery* 1850 – gives us a simpler recipe for fritters as we know them today. For her batter: 'Mix with three well-whisked eggs a quarter of a pint of

milk, and strain them through a fine sieve; add them gradually to three large tablespoonsful of flour, and thin the batter with as much more milk as will bring it to the consistency of cream; beat it up thoroughly at the moment of using it, that the fritters may be light. Pare and core without dividing the apples, slice them in rounds the full size of the fruit, dip them in batter, fry them a pale brown, and let them be very dry. Serve them heaped high upon a folded napkin, and strew sifted sugar over them.'

MRS. BEETON'S APPLE FRITTERS

4 apples
Sugar
2 tablespoons flour
Salt
1 dessertspoonful salad oil
2 tablespoons warm water
1 white of egg
Frying fat
Castor sugar

Pare and core the apples, cut them into slices of even thickness, sprinkle them well with sugar, and let them remain thus for $\frac{1}{2}$ hour. Sift the flour and salt in a basin, add the oil and the water gradually, stir until smoothly mixed, then beat well. Let the mixture stand for at least 1 hour, and then stir in the stiffly-whisked white of egg. Dip each apple ring into the batter, take it up on the point of a skewer, and drop at once into hot fat. Fry rather slowly until crisp and lightly browned, then drain well, dredge with castor sugar and serve as quickly as possible.

CANADIAN APPLE FRITTERS

3 large tart apples
2 oz. castor sugar

For the batter:
2 eggs
Pinch salt
2 tablespoons melted butter
1 teaspoon sugar
4 oz. sifted flour
$\frac{1}{4}$ pint cold water
Hot fat or oil for frying

Separate the eggs. Place yolks in a bowl and stir in salt. Add butter slowly, stirring continually, then add sugar. When well mixed, stir in the flour slowly. Add water a little at a time. Beat well and set aside in a cold place for 1 hour. Just before using, fold in stiffly-whipped egg whites.

Peel, core and quarter the apples. Roll in castor sugar and dip in batter. Before sugar has time to dissolve, fry a few at a time in deep, very hot fat or oil (370°F.) until they are golden brown. Remove, drain on absorbent paper and serve hot, sprinkled with sugar.

AMERICAN APPLE FRITTERS

3 large tart apples
2 oz. castor sugar
Pinch cinnamon
2 tablespoons kirsch

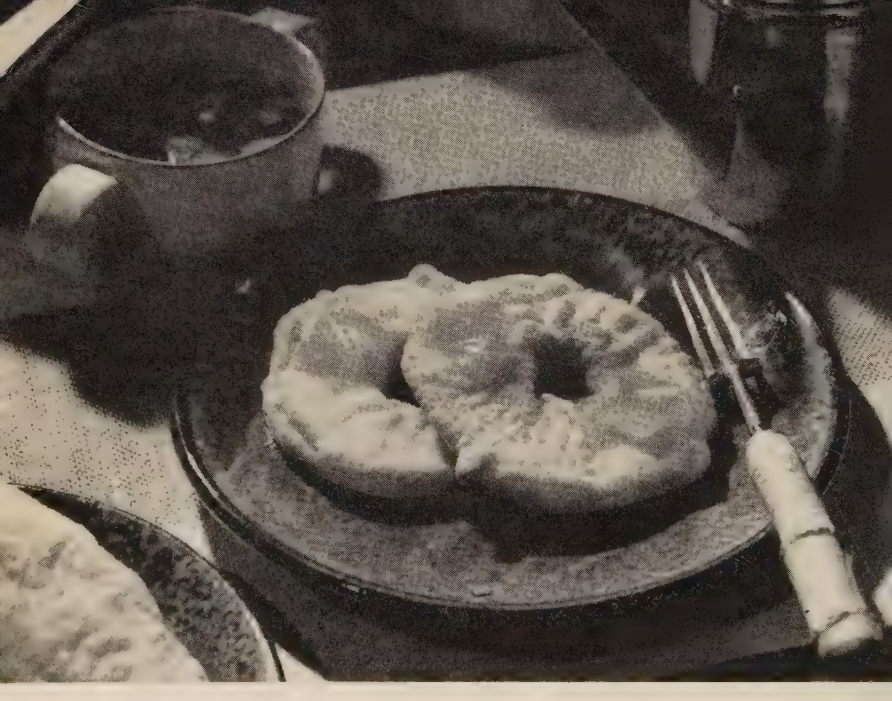
Batter:
8 tablespoons sifted flour
Pinch salt
1 tablespoon sugar
White wine
1 tablespoon melted butter
2 stiffly-whipped egg whites
Hot fat or oil for frying

Peel, core and thinly slice apples. Place in a bowl and sprinkle with sugar, cinnamon and kirsch. Cover and marinate in this mixture for 1 hour. Before using, drain well and add the juice to the batter.

To make batter, put sifted flour, salt and sugar in a mixing bowl. Make a well in the centre and stir in the juice from the apples and enough white wine to make the batter the consistency of thick cream. Stir in melted butter and set aside in a cold place for 1 hour. Just before using, fold in stiffly-whipped egg whites.

Dip the apple slices in batter and fry them, a few at a time, in deep, very hot fat or oil (370°F.) until they are golden brown. Remove, drain on absorbent paper and serve hot, sprinkled with sugar.

As a child, Apple, Banana or Sweetcorn Fritters used to appear on the family table regularly, and disappear as if by magic. This is my mother's recipe for APPLE FRITTER PUFFS.



Apple fritters

APPLE FRITTER PUFFS

4 oz. sifted flour
1 teaspoon baking powder
2 oz. sugar
Pinch of cinnamon
Pinch of nutmeg or cloves
2 tart apples, diced
2 beaten eggs
Milk to mix
Hot fat or oil for frying

Mix the flour, baking powder, sugar and spices in a bowl. Stir in diced apple. Make a well in the centre of this mixture and stir in the beaten eggs and enough milk to make a thick, creamy batter.

Spoon this mixture at once into hot fat or cooking oil, a few spoonfuls at a time, and fry until the fritters are golden-brown puffs. Serve hot sprinkled with sugar.

15 · It's Fun to Bake an Apple Pie

JUST how much the English dote on apple pies was proved by Oliver Cromwell. In a fit of Puritan rage, he banned the eating of all pies as so obvious a form of pleasure that it must be wicked. Right through the Commonwealth, pies were illegal. No wonder the people welcomed the restoration of Charles the Second so enthusiastically. They not only had a King again, but pies as well!

We just don't seem to be able to do without them. The Earl of Dudley, a multi-millionaire and vast landowner at the beginning of the 19th century, could not dine comfortably without an apple pie. Once, when Foreign Secretary, at a grand dinner at Prince Esterhazy's, he was terribly put out on finding that his favourite delicacy was wanting, and kept on murmuring pretty audibly, in his absent way: 'God bless my soul! No apple pie.'

Try some of the fifty recipes that follow and I am sure you will echo his sentiments.

There are three parts to making any pie – the crust, the filling and the topping. And if you think that a crust – no matter how tender and flaky it might be, or a fluffy topping of whipped cream or oven-browned meringue – is the beginning and end all of all toppings, you have a lot of wonderful experiences to enjoy.

Use your favourite pastry recipe for almost any of the pies you want to make on the following pages – but here I am going to give you several recipes for special pastry that will give a festive taste to all your baking. Use them interchangeably as you like.

SIMPLE PASTRY

8 oz. plain flour
1 level teaspoon salt
2 oz. lard
2 oz. butter or margarine

Sift flour and salt into mixing bowl and mix well. Rub lard and butter in with the fingertips until mixture resembles fine breadcrumbs; add just enough water to mix to a soft dough. Press dough into a ball, divide in half. Reshape into balls and allow to rest for 10 minutes.

Pat one ball of dough on a floured pastry board with a floured rolling pin to flatten and shape it. Then roll from the centre to edge till pastry is one-eighth inch thick and two inches larger in diameter than pie pan. Fold in half and lift into position over pan. To prevent shrinkage, press pastry into pan without stretching. Roll other half out to fit top of pie.

AMERICAN PASTRY

8 oz. sifted flour
1 level teaspoon salt
4 oz. vegetable cooking fat
4-5 tablespoons cold water

Sift flour and salt into mixing bowl and mix well. Cut in cooking fat using pastry blender or two knives, scissor-fashion, until blend resembles fine breadcrumbs. Slowly pour water over flour-fat mixture while tossing gently from bottom of bowl with a fork. Add water until crumbs adhere when pressed. Press dough into a ball, divide in half. Reshape into balls.

Pat one ball of dough on a floured pastry board with a floured rolling pin to flatten and shape it. Then roll from the centre to edge until pastry is one-eighth inch thick and two inches larger in diameter than pie pan. Fold in half and

lift into position over pan. To prevent shrinkage, press pastry into pan without stretching.

SHORTCRUST PASTRY

6 oz. plain flour
1 teaspoon salt
3 oz. butter
Water to mix

Sift flour and salt into a mixing bowl. Cut slightly softened butter into dice and add to flour mixture. Using pastry blender or two knives, scissor-fashion, cut in butter until blend begins to crumble. Slowly pour water over flour-fat mixture while tossing gently from bottom of bowl with a fork. Add water until crumbs adhere when pressed.

Shape dough lightly into two flattened rounds, wrap in plastic and put in refrigerator for at least an hour, or overnight, to ripen and become firm.

If chilled dough is too firm for handling, let stand at room temperature until it softens slightly.

RICH SHORTCRUST PASTRY

8 oz. flour
½ level teaspoon salt
1 level tablespoon icing sugar
5 oz. butter
1 teaspoon lemon juice
1 egg yolk, beaten with 1 tablespoon water
1-2 tablespoons water

Sift flour, salt and icing sugar into a mixing bowl. Cut slightly softened butter into dice and add to flour mixture. Using pastry blender or two knives, scissor-fashion, cut in butter until blend begins to crumble. Then, rub in butter with the tips of fingers until mixture resembles fine breadcrumbs. Do this very gently and lightly or the mixture will become greasy and heavy. Add lemon juice and beaten egg yolk and water mixture gradually, while tossing from bottom of bowl with a fork. Add water until crumbs adhere when pressed.

Proceed as for SHORTCRUST PASTRY.

SCONE PASTRY FOR APPLE SCONE PIE

4 oz. plain flour
2 oz. cornflour
1 level teaspoon baking powder
Pinch of salt
1 oz. butter
1 egg
Milk to mix

Sift the dry ingredients and rub in the butter. Add the beaten egg and enough milk to form a soft dough. Knead lightly on a floured board and cut into small rounds $\frac{1}{2}$-inch thick. Use as directed.

CREAM CHEESE PASTRY

4 oz. butter
4 oz. cream cheese
4 oz. flour, sifted

Combine butter and cream cheese and stir until mixture is well blended. Add sifted flour and mix with a fork. Knead dough and form into a ball before chilling. Chill in refrigerator until firm.

Roll about $\frac{1}{8}$-inch thick on lightly floured board or pastry cloth. Fit into a 9-inch pan and trim 1 inch beyond edge of pan. Fold under and flute edge. Prick bottom and sides with fork. Chill. Bake in a hot oven (450°F. Mark 7) until crisp and brown – 12 to 15 minutes.

FINGERTIP PASTRY

8 oz. flour
Pinch salt
2 level tablespoons icing sugar
5 oz. softened butter

Sieve the flour, salt and sugar into a mixing bowl. Rub in the butter with the tips of fingers until the mixture resembles fine breadcrumbs. Do this very gently and lightly or the mixture will become greasy and heavy. Shape dough lightly into a flattened round, wrap in plastic and put in refrigerator for at least an hour, or overnight, to ripen and become firm. If chilled dough is too firm for handling, let stand at room temperature until it softens slightly. Then turn onto a floured board, knead or pat lightly into a round; place in pie tin and

press out with fingertips. (This pastry does not roll out easily.) Bake blind in pre-heated oven (425°F. Mark 6) for 15 minutes; lower heat to 350°F. (Mark 3) and bake for 30 minutes.

FRENCH PASTRY

4 oz. butter
2 oz. icing sugar
Juice of 1 lemon
6 oz. flour
½ level teaspoon salt

Cream butter and sugar in a mixing bowl; add lemon juice and sift flour and salt over mixture. Mix quickly to a firm paste with a fork, using a little water if necessary.

Chill for 15 minutes. Roll out and fit into tart cases. Prick bases lightly and bake blind at 450°F. Mark 7 for 10 minutes. Fill and bake in a slow oven (325°F.–350°F. Marks 2–3) for 10–15 minutes or until apples are tender and filling is firm. Cool before serving.

CHEESE PASTRY

4 oz. flour
Pinch of salt
2 oz. butter
2 oz. finely grated cheese
½ egg yolk
1 tablespoon water

Sift flour with salt; rub in butter; add grated cheese. Make a well in the centre and add ½ egg yolk and water combined. Mix to form a soft dough. Roll out and use to line an 8″ pie plate. Crimp edges and prick base.

SPICY PASTRY

8 oz. flour
4 oz. butter
½ level teaspoon ground cinnamon
Water to mix
1 oz. sugar
Egg yolk

Make pastry in usual way, adding ground cinnamon, sugar and egg yolk after the butter has been rubbed into the flour. Roll out to fit a 9″ oven-proof pie plate, reserving rest for lid. Crimp edges and prick base.

HAZELNUT PASTRY

8 oz. flour
2 oz. lard
2 oz. butter
2 oz. finely chopped hazelnuts
1 oz. sugar
Egg yolk, beaten

Make pastry in the usual way, adding the finely chopped hazelnuts and sugar after the butter has been rubbed into the flour. Roll out to fit a 9″ oven-proof pie plate. Crimp edges and brush with beaten egg yolk.

SPECIAL FLAKY PASTRY

9 oz. sifted flour
1 level teaspoon salt
½ pound soft butter
2 egg yolks
4 tablespoons cream
2 tablespoons dry white wine

Sift flour and salt into a mixing bowl. Cut in butter as above. Add combined egg yolks, cream and wine; mix with fork until blended and smooth. Knead lightly in bowl until bubbles begin to appear on the surface of the dough. Roll out on a floured board into a rectangle 6″ by 12″ : fold twice lengthwise, roll out again and then fold twice crosswise. Chill for 15 minutes.

Roll and fold twice more. Wrap in waxed paper or aluminium foil and store in refrigerator until needed.

APPLE PIE

8 oz. shortcrust pastry
2 pounds cooking apples
Juice of ½ lemon
4 to 6 oz. castor sugar
4 cloves
Top of milk

Pastry:

Prepare shortcrust pastry according to recipe; divide in half; roll half out to fit top of pie plate or dish, and remainder for bottom crust. Use this to line base of plate.

(*Right*) *Deep dish apple pie*

Filling:

Pare, core and slice apples in eighths; lay on the pastry with a sprinkle of lemon juice and sugar between each layer, the top layer being apples; place cloves amongst the apple slices, brush edges of pastry with water and cover with remaining pastry. Decorate edges, brush with top of milk, sprinkle with sugar and bake in a hot oven (450°F. Mark 7) for 15 minutes; lower the heat to 400° F. Mark 5, and continue cooking for 20 to 30 minutes, or until pastry is crisp. Serve with custard or cream.

DEEP DISH APPLE PIE

6 oz. sugar
1 tablespoon flour
Lemon rind, cinnamon or nutmeg
2 pounds cooking apples, pared, cored and sliced
2-4 tablespoons cider
Butter
6 oz. rich shortcrust pastry for pie crust
2 tablespoons cream
Castor sugar

Combine sugar, flour and lemon rind or spices and mix with the sliced apples. Arrange apples in an oval baking dish with the fruit slightly heaped at centre to hold crust. Sprinkle cider over fruit and dot with butter. Cover with a pastry crust cut $\frac{1}{2}$" larger than the top of the dish. Press to edge of baking dish and decorate as desired. Brush with cream and bake at 400°F. Mark 5 until apples are tender and crust is brown – 35 to 45 minutes. Sprinkle with castor sugar.

APPLE PIE WITH PASTRY APPLES

8 oz. shortcrust pastry
1½ pounds cooking apples, sliced
1 level tablespoon cornflour
1 tablespoon water
4 oz. sugar
¼ level teaspoon cinnamon
Pinch nutmeg
2 oz. butter
Juice of half lemon
Angelica to decorate

Line a flan case with the pastry, reserving the trimmings. Peel, core and slice apples, and cook in a little water until tender, but still whole. Mix cornflour to a paste with one tablespoon water and stir into the apples. Arrange in pastry case.

Combine sugar, cinnamon, nutmeg, butter and lemon juice in a saucepan and stir over a low heat until melted. Pour over apples.

Roll out trimmings of pastry; cut into apple shapes and decorate top of pie. Cook in a moderately hot oven (400°F. Mark 5) for about 25 minutes. Decorate pastry apples with angelica and serve.

COUNTRY-STYLE APPLE PIE

2 pounds cooking apples
2 or 3 cloves
A little sugar, demerara or granulated
2 oz. raisins or sultanas
2 oz. butter
½ pound rich shortcrust pastry
1 egg white
Castor sugar

Peel, core and quarter apples, and cut into slices. Half fill pie-dish with apple slices, sprinkle with cloves, sugar, raisins or sultanas, and then add remaining fruit. Dot with three or four knobs of butter.

Roll out pastry a little larger than the pie-dish; cut off a strip and place carefully around moistened rim of pie-dish. Moisten the pastry edge and carefully fit on the pastry top. Press edges securely together and mark with the back of a knife. Make several small holes in pastry crust for the steam to escape.

Cut a circle out of pastry and trim to represent an apple; add two pastry leaves and a bough and arrange on pastry top. Bake in a fairly hot oven (425°F. Mark 6) for 30–40 minutes until apples are tender and the pie is golden brown. A few minutes before the pie is done take it from the oven; brush over the apple decoration and the edge of the pie with lightly beaten egg white and sprinkle with castor sugar. Return to oven and finish baking.

SPICY APPLE PIE

8 oz. shortcrust pastry

Filling:

$1\frac{1}{2}$ pounds cooking apples
4 oz. brown sugar
2 teaspoons powdered cinnamon
3 oz. chopped raisins and sultanas
Grated rind 1 lemon

Glaze:

Water
Castor sugar

Damp the edge of an 8-inch shallow pie dish and damp the bottom lightly. Roll out pastry $\frac{1}{4}$-inch thick and use half to

Spicy apple pie

line the dish, trim and prick base lightly. Roll out the other half for pie top.

Peel, core and slice the apples. Combine sugar, cinnamon, sultanas, raisins and lemon rind. Fill the lined pie dish with layers of apple slices sprinkled with the sugar mixture. Damp round pastry edge and cover with remaining pastry. Press edges firmly together and trim. Make slits in top to allow steam to escape during cooking, then brush the top with cold water and sprinkle with castor sugar. Bake in moderately hot oven (400°F. Mark 5) for 20 minutes, then reduce heat (375°F. Mark 4) and continue to cook for about 15 minutes more. Serve hot or cold.

SUSSEX APPLE PIE

8 oz. shortcrust pastry
Milk
1 pound cooking apples, pared, cored and finely sliced
3 oz. sugar or to taste
2 oz. raisins
2 oz. currants
½ level teaspoon cinnamon
½ level teaspoon mixed spice

Roll out half the pastry and use to line a 7″ pie plate. Prick and cover with the filling, dampen the edges and cover with the remaining pastry. Brush with milk and bake about 40–45 minutes in a fairly hot oven, 425°F. Mark 6.

To make the filling:

Cook the apples, sugar, raisins and currants together gently with a small quantity of water for about 5 minutes, then add the spices.

APPLE RAISIN CRUMB PIE

1 9″ unbaked pastry case
1¼ pounds cooking apples
4 oz. raisins
1½ gills water
1 tablespoon cornflour
1 level teaspoon cinnamon
Pinch salt
½ level teaspoon nutmeg
6 oz. sugar
4 oz. butter, melted
3 oz. oats
2 oz. flour

Peel, core and slice the apples. Add raisins, reserving a few for the top and stew for 10 minutes in 1½ gills water. Mix

together cornflour, cinnamon, salt, nutmeg and 2 tablespoons of the sugar and stir into the apple mixture. Bring to the boil and turn into the pie shell.

Mix together the melted butter, oats, flour and remaining sugar, and sprinkle over the pie. Bake in a hot oven (450°F. Mark 7) for 10 minutes, then reduce to moderate (375°F. Mark 4) and bake for a further 20–30 minutes, or until crumbs are crisp and golden. Decorate with remaining raisins.

APPLE SCONE PIE

Scone pastry
1½ pounds sweetened cooked apples
Grated rind of 1 lemon
Egg, beaten and sugar to glaze
1 teaspoon cornflour

Prepare scone pastry according to recipe; cut into small rounds ½″ thick. Heat the fruit in a pan with lemon rind and when it boils, pour it into a pie dish. Place the 'scones' on top, brush lightly with beaten egg and sprinkle with sugar. Bake in a hot oven for 10–15 minutes, until the scones are well risen and browned.

To prevent the fruit juice from bubbling over, thicken it with 1 teaspoon cornflour blended with cold water before pouring into the pie dish.

RUSSIAN APPLE PIE

12 oz. shortcrust pastry
1½ pounds cooking apples
6 oz. sugar
¼ level teaspoon cinnamon
¼ level teaspoon nutmeg
Generous pinch salt
¼ pint sour cream

Line a pie dish with half the pastry. Core, peel and slice apples and spread a layer over the bottom of the pastry. Combine the sugar, cinnamon, nutmeg and salt, and sprinkle apples with a little of this mixture. Repeat until pie dish is full. Pour the cream over and place the pastry lid on top. Seal well and make two or three slits to allow steam to escape.

Russian apple pie

Bake in a hot oven (450 F. Mark 7) for 20 minutes, then reduce to 350 F. Mark 3, and cook for a further 20 to 25 minutes.

PRUNE AND APPLE MERINGUE PIE

8 oz. pastry for case
6 oz. prunes, soaked overnight
1½ pounds cooking apples
Juice of 1 lemon
Brown sugar
2 eggs, separated
4 oz. castor sugar

Roll out pastry to fit an 8″ flan case. Prick bottom and bake blind in a moderately hot oven (400°F. Mark 5) until pastry is cooked through. Simmer prunes until tender in water in which they have been soaked. Drain, reserving water, and chop finely.

Peel, core and slice cooking apples and cook to a purée with prune water, stirring occasionally. Add prunes, lemon juice and brown sugar to taste. Simmer until thick, stirring all the time. Cool slightly; stir in egg yolks and spoon into flan case.

Whisk egg whites until stiff and beat in 2 teaspoons castor sugar. Whisk again until mixture holds in peaks, and fold in the rest of the sugar. Put into a forcing bag and decorate the top of the flan. Bake in a slow oven (300°F. Mark 1) for $\frac{3}{4}$ hour, until meringue is crisp.

CREAMY APPLE PIE

1 9″ pastry shell
2 pounds cooking apples
6 oz. sugar
1 oz. flour
$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{4}$ pint double cream

Bake 9″ pastry shell blind for 10–15 minutes.

Peel, core and thickly slice apples. Combine sugar, flour, salt and cinnamon and add to apples. Toss lightly and spoon into pastry case. Pour cream over top and bake in a moderately hot oven (400°F. Mark 5) for 35–45 minutes or until firm. Cool before serving.

APPLE CREAM PIE

6 oz. shortcrust pastry : made with addition of 3 oz. grated cheese
3 oz. castor sugar
4 oz. soft brown sugar
1 oz. cornflour
$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{4}$ teaspoon grated nutmeg
Pinch of salt
$1\frac{1}{2}$ oz. butter
8 tart cooking apples
2 teaspoons lemon juice
2 tablespoons double cream

Roll out pastry and line into 8″ pie plate.

Mix together sugar, brown sugar, cornflour, cinnamon, nutmeg and salt in a bowl. Rub in the butter. Peel, core and slice the apples and sprinkle with the lemon juice in a bowl. Add $\frac{3}{4}$ of the sugar mixture, and toss to coat them evenly.

Arrange seasoned apple slices in pastry shell and sprinkle with remaining sugar mixture. Bake in a hot oven (450°F. Mark 7) for 10 minutes, then reduce to moderate heat (375°F. Mark 4) and continue baking for 25 minutes, until the apples are tender. Pour cream over the pie, and bake for 10 minutes longer. Serve immediately.

INDIVIDUAL APPLE PIES

This is an ideal way of using up pieces of left over pastry and apple.

1. Line oblong tins with pastry and decorate the edges. Pack tightly with chopped apple flavoured with lemon juice and grated rind and sugar, arrange a neat layer of sliced apples over the top and bake in a hot oven (425°F.–450°F. Marks 6–7) for 15–20 minutes or until the pastry is cooked and the apples are tender. Glaze with apricot glaze.

2. Line deep dishes with pastry, fill with quartered apples, sprinkle with sugar and bury 2 cloves in the centre of the apple, cover with a pastry lattice and bake as above.

3. Fill shallow pastry-lined tins with chopped apple, add a little cider warmed with a piece of nutmeg, cinnamon and lemon rind, cover with lattice of pastry, brush with egg white and sprinkle with castor sugar and bake as before.

4. Mix diced apples with a little orange marmalade and use to fill patty tins.

5. Add finely chopped pineapple, a clove and a little rum to the diced apple, or a pinch of mixed spice.

Individual prune and apple lattice pies

INDIVIDUAL PRUNE AND APPLE LATTICE PIES

½ pound prunes
1 pound cooking apples
4 oz. sugar
1 oz. butter
1 tablespoon cornflour
2 tablespoons lemon juice
1 tablespoon grated lemon rind
4-6 oz. pastry for lattices

Soak the prunes overnight and simmer in the same water until almost cooked. Cut in half and remove stones. Peel, core and slice apples, and arrange with prunes in individual oven-proof dishes. Put 1½ gills of prune juice in a pan with the sugar and butter. Dissolve sugar and bring to the boil. Mix cornflour to a paste with lemon juice and pour over the boiling liquid, stirring all the time. Stir in lemon rind and divide equally between the pies. Roll out pastry and cut into narrow strips. Arrange in a lattice across pies, with one long strip round the edges. Bake in a hot oven (450°F. Mark 7) for 10 minutes, then reduce to moderate (375°F. Mark 4) and bake for 20–30 minutes longer, until crust is brown and apples cooked.

LATTICE APPLE AND CHEESE PIE

1 cheese pastry recipe
1½ pounds cooking apples, thinly sliced
5 oz. sugar
1 tablespoon flour
Pinch salt
1 teaspoon cinnamon
¼ teaspoon nutmeg
1 level tablespoon butter

Pastry:

Prepare cheese pastry according to recipe; roll out and use three-quarters of the pastry to line an 8″ pie plate. Crimp edges and prick base.

Filling:

Mix sugar, flour, salt and spices and add to the sliced apples. Fill the lined pastry case with apple mixture, dot with butter. Trim with pastry strips, woven lattice-wise and bake in a fairly hot oven (425°F. Mark 6) for 35–40 minutes.

AUTUMN LATTICE TART

8 oz. rich shortcrust pastry
2 pounds cooking apples, pared, cored and sliced
½ pound blackberries
4 oz. granulated sugar
1 egg white
Sugar

Line an 8″ pie plate or flan tin with three-quarters of the rolled out pastry and decorate the edge.

Cover with alternate layers of sliced apples, blackberries and sugar and top with remaining pastry cut into fine lattice strips.

Brush pastry with egg white, slightly beaten; dust with a very little sugar and bake in a hot oven (450°F. Mark 7) for 15 minutes, then lower the heat to 350°F. Mark 3, until apples are cooked and the pastry is golden.

APPLE JALOUSIE

12 oz. puff pastry
½ pound mincemeat
1 large cooking apple
Egg for glazing
Icing sugar

Apple jalousie

Divide puff pastry into two. Roll out an oblong strip, about 10″ x 4″ and $\frac{1}{4}$″–$\frac{1}{2}$″ thick. Place on a baking sheet. Spread with mincemeat, leaving a good inch of pastry visible round the edge.

Peel, core and thinly slice the apple and arrange on top in overlapping rows. Trim edges and brush with egg.

Roll out the second piece of pastry to the same size, fold in half lengthwise, and with a sharp knife cut slits across the fold, about $\frac{1}{4}$″ apart, and 1″ from the edges. Open out the pastry and place carefully on top of the filling. Seal the edges, trim sides and make a decorative edge. Brush pastry with egg and bake in a hot oven (450°F. Mark 7) until golden, about 25 minutes. Reduce the heat after about 10 minutes. When nearly cooked, sprinkle with icing sugar, and allow to glaze in the oven.

FRENCH APPLE FLAN WITH REDCURRANT GLAZE

8 oz. pastry for flan case
2 pounds cooking apples
$\frac{1}{4}$ pound castor sugar
1 tin redcurrants
4 tablespoons redcurrant jelly

Line an 8″ flan case with pastry and decorate the edge. Bake blind in a hot oven (450°F. Mark 7) for 10 minutes to set the pastry. Remove and cool. Meanwhile peel, core and slice apples thinly. Pack into pastry case, sprinkling each layer with sugar. For the top layer, arrange the apple slices round the case, overlapping each other, in concentric circles. Sprinkle with rest of sugar and bake in a moderate oven (375°F. Mark 4) for 30 minutes, or until pastry is cooked and apples tender. Cover with drained redcurrants. Melt redcurrant jelly slowly in pan, but do not allow it to boil. Strain, and brush over apple filling, and serve.

APPLE SAUCE WALNUT FLAN

2 eggs
2 oz. sugar
¼ pint double cream
½ pint thick apple sauce
1 teaspoon vanilla essence
⅛ teaspoon salt
Cochineal
4 oz. chopped walnuts
1 9″ unbaked flan case

Beat eggs slightly, add sugar, cream, apple sauce, vanilla essence and salt. Colour pink with cochineal. Sprinkle walnuts over bottom of flan case, add apple sauce mixture. Bake in a hot oven (450°F. Mark 7) for 40 to 45 minutes. Decorate as desired.

APPLE CHEESE TARTS

1 tablespoon butter
Juice and grated rind of ½ lemon
1 tablespoon castor sugar
¼ pound thick apple sauce
2 eggs
4 oz. rich shortcrust pastry

Melt butter, add with juice and grated rind of ½ lemon and sugar to apple sauce. Mix all together; add well-beaten eggs. Fill into pastry-lined patty tins and bake for 15 minutes in a moderately hot oven (400°F. Mark 5).

Apple cheese crumble

APPLE CHEESE CRUMBLE

8 oz. shortcrust pastry
3 medium sized cooking apples
1 teaspoon cinnamon
1 oz. demerara sugar
1 tablespoon lemon juice
1 tablespoon water
4 oz. flour
1½ oz. butter
2 oz. granulated sugar
2 oz. strongly flavoured grated cheese

Line a 9″ pie dish with pastry, saving a little for decoration. Pare, core and slice apples and arrange in pastry case. Sprinkle with cinnamon, demerara sugar, and the lemon juice and water mixed together.

Make 'crumble' topping by mixing flour, butter, sugar and cheese together. Spread evenly over apples until completely covered. Cut the remaining pastry into narrow strips and arrange in lattice pattern over pie, sealing edges with water.

Bake in a moderately hot oven (400°F. Mark 5) for 30–35 minutes.

CHEDDAR APPLE FLAN

4 oz. cheese pastry
½ pound cooking apples
2 oz. diced Cheddar cheese
½ oz. granulated sugar
½ teaspoon nutmeg

To Glaze:
Little egg white or milk
½ teaspoon finely grated Cheddar cheese

Prepare cheese pastry according to recipe.

Peel, core, quarter and slice the apples and mix with the diced cheese, sugar and nutmeg. Roll out the pastry to approximately an 8″ square. Cut six ½″ strips off one side with which to form the latticing. Spread the filling over the centre of the strip and fold over ¾″ of pastry on each edge. Place diagonal strips of pastry ½″ apart down the length of the flan. Glaze the pastry strips with egg white or milk and sprinkle with very finely grated cheese.

Bake in a moderately hot oven (400°F. Mark 5) for 25–30 minutes. Serve hot or cold.

APPLE MERINGUE MINCEMEAT FLAN

6 oz. shortcrust pastry
½ pound mincemeat
2 large cooking apples, pared, cored and thinly sliced
1 tablespoon castor sugar
2 egg whites
Pinch salt
4 oz. castor sugar

Line a 7″–8″ pie plate with pastry and bake blind in a moderately hot oven (400°F. Mark 5) for 10 to 15 minutes. Spread pastry case with mincemeat and cover with thinly sliced apples mixed with 1 tablespoon sugar. Return to the oven and continue cooking for 15 to 20 minutes, or until apples are tender.

Whisk egg whites stiffly with the salt, add 2 tablespoons sugar and continue whisking to form 'peaks'; fold in remaining sugar and cover flan, making sure to take it over the inner edge of the pastry. Dry off in a cool oven (300°F. Mark 1) for 30 to 40 minutes. (For a soft meringue, place in a fairly hot oven (425°F. Mark 6) for 5 minutes.)

Apple meringue flan

APPLE MERINGUE FLAN

9″ shortcrust flan case
1¼ pounds cooking apples
2 egg whites
¼ level teaspoon cream of tartar
4 oz. castor sugar
2 oz. white marzipan
Green and red colouring
6-8 cloves

Cut up apples into thick chunks, cook till soft in a covered pan with 1 tablespoon water and sieve. Chill and spread in prepared flan case.

Whisk egg whites with cream of tartar till stiff and dry, fold in the sugar and pile on top of the apple.

Bake in a moderate oven (375°F. Mark 4) for about 10 minutes until just turning colour. Cool.

Colour marzipan pale green, roll into small balls, brush slightly with red colouring and stick a clove into each. Dot over top of flan.

FLOWER APPLE FLAN

6 oz. shortcrust pastry
3-4 tart eating apples
2-3 glacé cherries
4-5 tablespoons castor sugar
Juice of 1 lemon
Apricot glaze
1 oz. blanched almonds

Roll the pastry out thinly and line a shallow flan ring, taking care not to stretch the dough. Trim the edges of the flan case and prick base to prevent it rising during cooking. Peel, core and slice the apples evenly. Starting from the outside edge and working to the centre, arrange them attractively in circle like overlapping flower petals and put the glacé cherries in the centre. Sprinkle with castor sugar and lemon juice and bake in a pre-heated oven (400°F. Mark 5) for about 20 minutes, or until the pastry is golden brown and the apples are just cooked. Make the Apricot Glaze (see below) and carefully spoon it over the fruit. Brush a little on the edges of the flan to give an attractive finish. Decorate with the blanched almonds.

Apricot Glaze:

Put 4 tablespoons apricot jam, 1 tablespoon water and 2 tablespoons lemon juice into a small saucepan and stir over gentle heat until dissolved. Boil briskly until slightly tacky. Sieve and use immediately.

FRENCH APPLE FLAN

1 9″ unbaked pastry shell
6 cooking apples
¼ pint water
2 tablespoons butter
4 oz. sugar
4 tart eating apples
Apricot jam to glaze
Thick cream

Pare, core and quarter 6 cooking apples and put them in a saucepan with water, butter and 2 oz. sugar. Cover tightly and cook apples over moderate heat until tender. Press through a fine sieve and allow to cool.

Half-fill unbaked pastry shell with apple purée. Peel, core

and slice finely the eating apples and arrange slices over the apple purée in a spiral, starting at the centre and working out, with slices overlapping. Sprinkle fruit with remaining sugar and bake in a moderately hot oven (400°F. Mark 5) for 25–30 minutes, or until the apples are tender and the crust is golden.

Glaze the flan with apricot jam melted and thinned to spreading consistency with a little hot water. Serve hot or cold with thick cream.

OPEN APPLE FLAN

Flan case:

6 oz. shortcrust or flan pastry

Pastry Cream:

2 egg yolks
1 egg white
2 oz. castor sugar
¾ oz. cornflour
½ pint milk
Vanilla

Filling:

6 oz. sugar
Juice ½ lemon
¾ pint water
4 tart eating apples

Apricot Glaze:

4 tablespoons apricot jam
1 tablespoon water
2 tablespoons lemon juice

To make a flan case: Stand 7″ flan ring on a baking tray. Roll out pastry on floured board to fit ring, then lift over ring, and press down to fit base and sides evenly, trim top. Prick base lightly with fork, chill well, then line with greaseproof paper and weight with rice or beans. Bake in a moderately hot oven (400°F. Mark 5) for about 10 minutes, then take out paper and filling, return flan to oven and continue cooking for about 15 minutes. Allow to cool.

To make pastry cream: Whisk egg yolks, egg white and sugar together until light and creamy, stir in the sifted cornflour and add the warm milk gradually. Cook, stirring constantly, until it has boiled gently for about 3 minutes – the flour will

prevent it from separating. Flavour to taste with a few drops of vanilla essence, and pour pastry cream evenly over the bottom of the flan case, allow to cool.

Dissolve the sugar in lemon juice and water over gentle heat, then cook quickly for few minutes until syrupy. Cook peeled, cored and sliced apples gently in this syrup till barely tender. Arrange apple slices to overlap in circles on top of the cream. Spoon apricot glaze carefully over the fruit and leave to set.

To make apricot glaze: Put jam, water and lemon juice into a small thick saucepan and stir over gentle heat until dissolved. Boil briskly till slightly tacky.

APPLE BATTER FLAN

6 oz. rich shortcrust pastry
2 pounds tart eating apples
Juice of 1 lemon
4 oz. castor sugar
2 oz. plain flour
1 egg
¼ pint milk
2-4 tablespoons kirsch

Line a deep flan ring or pie plate with rich shortcrust pastry about ¼″ thick. Cover evenly with peeled, cored and thinly sliced apples, sprinkle with lemon juice and half the sugar.

Make a thick batter with flour, egg, milk and remaining sugar. Flavour to taste with kirsch and pour over the apples and return to the oven. Bake until the cream has set, and is lightly browned in a moderately to fairly hot oven (400°F.–425°F. Marks 5–6) for 15 minutes.

SPICED APPLE DATE TART

2 pounds tart eating apples
4 oz. dates
Sugar
Pinch of mixed spice
8 oz. spicy pastry
Castor sugar

Peel and core apples and stew to a pulp with a little water. Add chopped dates, sugar to taste, and mixed spice. Allow to cool. Line a flan ring with spicy pastry, reserving enough for the lid. Fill pastry case with cooled apple mixture.

Moisten the edges of the pastry and cover with lid. Bake in a moderately hot oven (400°F. Mark 5) until firm and well browned – about ¾ to 1 hour. Remove the flan ring and lift carefully on to a warm plate. Dredge with castor sugar and serve hot with whipped cream, or cold with ice cream.

COCONUT APPLE FLAN

Pastry for 9″ flan case
1½ pounds tart eating apples
4 oz. sugar
½ level teaspoon cinnamon
1 oz. butter
1 egg, beaten
¼ pint cream
Pinch salt
6 oz. coconut

Line flan case with pastry and prick the bottom. Peel, core and slice apples and mix with 3 oz. sugar to taste and cinnamon. Arrange in the pastry case. Dot with butter and bake in a hot oven (450°F. Mark 7) for 25 minutes.

Mix beaten egg with cream, salt, remaining sugar and coconut and pour over the apples. Reduce oven heat to 325°F. Mark 2, and bake flan at this temperature for 20 minutes or until lightly browned. Cool and serve.

APPLE CIDER FLAN

4 small tart eating apples
2 tablespoons sugar
½ pint cider
1 9″ baked pastry case
Apricot jam
½ pint thick custard, cold
6 glacé or maraschino cherries
¼ pint cream, whipped
Angelica

Pare, core and halve apples. Combine sugar and cider and bring to the boil. Poach apples very gently in cider syrup for 10 minutes, or until apples are tender, but not soft.

Brush inside of a baked pastry case with warm apricot jam; cover with custard and arrange the cooked apple halves on this bed, flat side down. Place a cherry between each apple and decorate with piped whipped cream and angelica. The cider syrup can be reduced by boiling to a thick glaze and a little poured over each apple if desired.

Lattice apple tart

LATTICE APPLE TART

6 oz. short crust pastry
4-6 tart eating apples
Lemon juice
3-4 tablespoons castor sugar
1 oz. butter or margarine
2-3 tablespoons apricot jam

Roll pastry out $\frac{1}{4}$" thick and line a shallow, greased pie dish. Crimp the edges and prick the base.

Peel, core and slice apples thinly, and let them soak in juice of 1 lemon.

Fill the pie with concentric circles of overlapping apple slices. Sprinkle with castor sugar and dot with butter.

Cut the remaining pastry into narrow strips and arrange in lattice design over apples, sealing the edges with water neatly to the pastry rim. This pie looks particularly attractive if the pastry strips are woven in and out in basket style. Bake in a pre-heated oven (400°F. Mark 5) for 20–25 minutes till golden brown. Warmed apricot jam brushed over the apples adds sparkle to this delicious apple sweet.

CRUMB-TOPPED APPLE PIE

6 tart eating apples
1 unbaked pastry shell
2 oz. sugar
1 level teaspoon cinnamon
¼ level teaspoon nutmeg
3 oz. brown sugar
3 oz. plain flour, sifted
Grated rind of 1 lemon
3 oz. butter

Pare and core apples; cut into eighths and arrange in an unbaked pastry shell. Mix sugar, cinnamon and nutmeg and sprinkle over apple slices.

Combine brown sugar with flour and grated lemon rind and cut in butter with a knife until crumbly. Sprinkle mixture over apples and bake in a hot oven (450°F. Mark 7) for 40 to 50 minutes.

APPLE PIE WITH 'CHEESE APPLES'

8 tart eating apples
8 oz. rich shortcrust pastry
4 oz. granulated sugar
4 oz. dark brown sugar
1 level tablespoon flour
½ teaspoon grated nutmeg
Grated rind of one orange
Grated rind of one lemon
3 oz. chopped raisins and sultanas
2 tablespoons orange juice

Pare and core apples. Cut each in 8 to 10 slices, depending on size. Line a deep 9″ pie tin with pastry, using your own recipe. Combine granulated sugar, brown sugar, flour and nutmeg. Rub a little of this mixture into pastry lining. Add grated rinds to remaining sugar mixture. Arrange sliced apples, sultanas and raisins over pastry, sprinkling each layer with some of the sugar mixture. Sprinkle the whole with orange juice. Fit top crust over apple layers, pressing the edges together or fluting them. Cut slit in top crust to release steam and bake in a fairly hot oven (425°F. Mark 6) 40 to 45 minutes or until tender. Serve warm, decorated with cheese apples.

Roll processed yellow cheese into little balls approximately 1″ in diameter. Press thumb in top to form indentation for angelica or clove 'stalk'. Dust cheek of 'apple' with powdered paprika for 'blush' and just before serving place 'apples' around outside of pie crust.

CAPE APPLE PIE

8 tart eating apples
Pastry for 2-crust pie
2 oz. granulated sugar
2 oz. dark brown sugar
1 tablespoon flour
Nutmeg and cinnamon
3 oz. chopped raisins and sultanas
1 oz. butter
2 tablespoons lemon juice

Pare, core and slice apples into 8 or 10 slices each. Line a deep 9″ pie tin with pastry. Combine granulated sugar, brown sugar, flour, nutmeg and cinnamon. Rub a little of this mixture into pastry lining.

Arrange sliced apples, sultanas and raisins in pan, sprinkling each layer with some of the sugar mixture. Dot with 3 or 4 knobs of butter and sprinkle with lemon juice.

Fit top crust over apple layers, pressing the edges together or fluting them. Cut slits in top crust to release steam and bake in a fairly hot oven (425°F. Mark 6) for 40 to 45 minutes or until tender. Serve warm with Cheddar cheese or cream.

APPLE AND APRICOT PIE

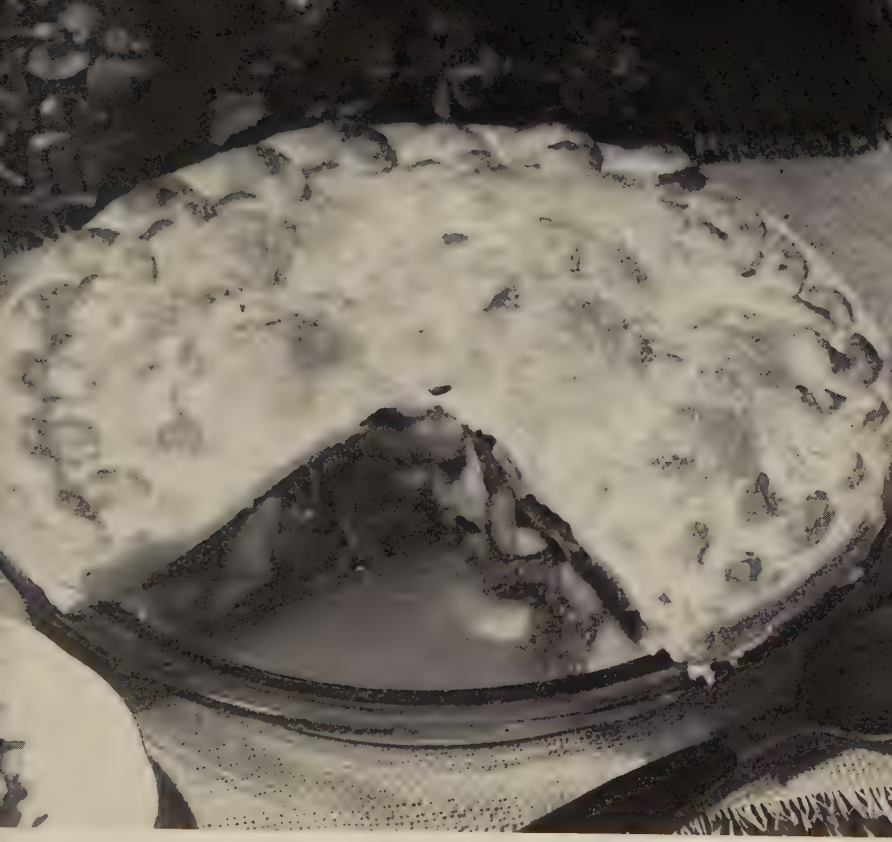
2 pounds tart eating apples
6 oz. dried apricots, soaked overnight and drained
6 oz. granulated sugar
1 lemon - grated rind and juice
8 oz. rich shortcrust pastry
Castor sugar for dredging

Peel, core and slice apples thickly; mix with drained apricots, sugar and grated rind and juice of lemon.

Line a pie plate with half the pastry: cover with mixed fruits. Top with remaining pastry and bake in a hot oven (450°F. Mark 7) for 20 minutes. Lower the heat to 400°F. Mark 5 for a further 20 minutes, or until cooked. Serve thickly dusted with castor sugar and cream or custard.

APPLE HAZELNUT FLAN

1 hazelnut pastry recipe
2 pounds tart eating apples
Juice of 1 lemon
4-6 oz. sugar
1 egg, beaten
1 tablespoon rum
2 oz. chopped hazelnuts
Chopped hazelnuts, to garnish



Apple and apricot pie

Make the pastry according to recipe, adding the finely chopped hazelnuts and sugar after the fat has been rubbed into the flour. Roll out to fit a 9″ oven-proof plate. Trim the edge and brush with egg.

To make filling: Peel, core and slice apples and cook to a purée with lemon juice. Sweeten to taste with sugar and stir in the beaten egg, rum and chopped nuts. Pour into the plate, and bake in a moderately hot oven (400°F. Mark 5) for 20 to 30 minutes or until pastry is golden. Sprinkle with remaining chopped nuts and serve with cream.

CREAMY APPLE TART

1 pastry case
2 oz. ground almonds
2 tablespoons double cream
4 tablespoons toasted breadcrumbs
4-6 tart eating apples
Grated rind and juice of 1 lemon
2 oz. raisins or currants
6 oz. castor sugar
¼ pint double cream
4 egg yolks
2 oz. sugar (brown)
Cinnamon-sugar mixture

Prepare pastry case and bake blind in a pre-heated oven (400°F. Mark 5) for 15 minutes. Remove from oven.

Filling: Mix almonds with cream, spread on pastry, sprinkle with toasted breadcrumbs.

Peel apples; cut into thin slices and mix with grated rind and juice of lemon, raisins or currants and sugar. Arrange apple slices and sugar mixture in even rows the length of the tin. Spread apples evenly with cream beaten thoroughly with egg yolks and brown sugar. Return to oven and bake at 350°F. Mark 3, until apples are cooked. Just before serving, sprinkle generously with a mixture of cinnamon and sugar. Serve cold or slightly warm.

APPLE MINCE PIE

1 9″-10″ unbaked pie shell
6 oz. brown sugar
1½ oz. flour
8 tart eating apples, peeled and sliced
1 pound mincemeat
6-8 apple rings, peeled and cored about ½″ thick
2 tablespoons butter or margarine

Prepare pastry, using one of the recipes in the front of this chapter and line pie dish. Combine sugar with flour and sprinkle about 3 tablespoons over pastry. Place sliced apples in layers in pastry shell, sprinkling each layer with sugar-flour mixture, reserving 3 tablespoons for topping.

Spread with a layer of mincemeat (set aside about ¼ pound). Arrange apple rings on top. Fill peeled and cored apple rings with mincemeat. Sprinkle with remaining sugar-flour mixture; dot with butter and bake in a hot oven (450°F. Mark 7) for about 40 minutes, or until apples are tender.

Apple gingersnap dessert

APPLE GINGERSNAP DESSERT

12 large ginger biscuits
12 oz. cream or cottage cheese, sieved
2 oz. castor sugar
Juice of 1 lemon
Finely grated rind of 1 lemon
2 tablespoons chopped walnuts
4 tart red eating apples
Angelica to garnish

Arrange ginger biscuits around the edge of a round shallow pie dish, fitting them closely together. Sweeten sieved cream cheese, or cottage cheese to taste with sugar, and flavour with 2 tablespoons of lemon juice and the grated lemon rind. Stir in 2 tablespoons chopped walnuts and the diced flesh of 1 eating apple.

Fill centre of the dish with the cheese mixture. Core remaining apples, but do not peel, and slice thickly. Dip apple slices in lemon juice to keep colour bright and arrange in a cartwheel round the dish on top of the cream cheese. Decorate centre with angelica 'leaves.'

CREAM CHEESE AND APPLE TART

6 oz. shortcrust pastry

Syrup:
4 oz. sugar
Juice of ½ lemon
¼ pint water

Glaze:
4 tablespoons redcurrant jelly

Decoration:
Angelica

4 tart eating apples

Filling:
8 oz. cream cheese
Juice of ½ lemon
2 oz. castor sugar

2 tablespoons lemon juice
1 tablespoon water

Line an 8″ pie plate with rolled out shortcrust pastry, trim and decorate edge. Prick base lightly, then line with greaseproof paper and weight with rice or beans. Bake case in moderately hot oven (400°F. Mark 5) for 15 minutes. Remove paper and filling, return pie case to oven and cook at reduced heat (375°F. Mark 4) for a further 15 minutes until golden brown. Allow to cool.

Dissolve the sugar in lemon juice and water over gentle heat, bring to the boil and cook for a few minutes until syrupy. Add the peeled, cored and halved apples and cook gently in the syrup until just tender. Drain well. Cream the cheese, lemon juice and castor sugar together, then spread evenly over bottom of pastry case. Arrange 5 or 6 poached apple halves on top (cut side down). Spoon the redcurrant glaze carefully over the apples and decorate with angelica stalks. Serve cold.

To make redcurrant glaze: Put jelly, lemon juice and water into small thick saucepan and stir over gentle heat until dissolved. Boil briskly until slightly tacky.

MIXED FRUIT FLAN

1 pound puff pastry
1 egg, beaten
½ pint cream, whipped and flavoured with a little rum
2 red apples, cored and sliced
Lemon juice
Small bunch each of green and black grapes
1 tin mandarin oranges
15-20 maraschino cherries

Mixed fruit flan

Roll out pastry to an oblong, 13″ x 9″ ($\frac{1}{4}$″–$\frac{1}{2}$″ thick). Flour and fold in half lengthways. With a floured knife, cut out the centre, leaving a border 1″ wide. Roll out the centre piece again to the same size as the border. Place on a wet baking sheet; damp edges and place the border on top. Trim edges, mark zig-zag pattern on border with back of a knife, brush with beaten egg and prick bottom of flan well. Bake in a hot oven (450°F. Mark 7) till well risen and golden brown. Cool on rack.

Spread a layer of whipped cream in flan case. Place cored and sliced, but not pared, apples diagonally across this, overlapping them, and brush with lemon juice to preserve their colour.

Put a row of black grapes on one side of the apple slices and green ones on the other side; place mandarin oranges on both sides and finish at the corners with the cherries reserving two for either end of the layer of apples.

APPLE FLAN

¾ pounds puff pastry
Flour
Beaten egg
6 medium sized eating apples
Sugar syrup, made with 4 oz. sugar and ½ pint water
Apricot glaze
Whipped cream
Maraschino cherries

Roll out pastry to an oblong 11″ x 8″, ¼″–½″ thick. Sprinkle with flour and fold in half lengthways. With a floured knife, cut the centre out leaving a border 1″ wide. Roll out the centre piece again to the same size as the border. Place on a wet baking sheet, damp edges and place the border on top. Trim edges, mark zig-zag pattern on border with back of a knife, brush with beaten egg and prick bottom of flan well. Bake in a hot oven (450°F. Mark 7) until well risen and golden brown. Cool on rack.

Peel, halve and core apples, poach in sugar syrup until tender; drain and cool. Place in flan case, brush well with apricot glaze and decorate with whipped cream and cherries.

CORNUCOPIA APPLE PIE

Pastry for 2-crust pie
6 oz. sugar
¼ teaspoon nutmeg
½ teaspoon cinnamon
⅛ teaspoon salt
4 sliced tart apples
4 oz. seedless raisins
1 oz. flaked coconut
2 teaspoons lemon juice
2 teaspoons grated lemon peel
1 tablespoon butter or margarine
6 slices processed Cheddar cheese
Maraschino cherries

Line 9″ pan with pastry. Combine sugar, spices and salt. Combine apple slices, raisins and coconut. Arrange half the apple mixture in pie pan. Add half the sugar mixture. Sprinkle with half the lemon juice and peel. Repeat. Dot with butter. Top with pastry; flute edges; cut slits in centre. Bake in a fairly hot oven (425°F. Mark 6) for 45 to 50 minutes or until apples are tender. With cheese at room temperature, roll each slice into cornucopia; put cherry in each. Arrange on pie. Decorate with additional cherries.

APPLE-DATE PIE

6 tart apples
4 oz. pitted dates, sliced
2 oz. sugar
4 oz. firmly packed brown sugar
½ teaspoon nutmeg
1 lemon, grated peel
1 orange, grated peel
4 tablespoons butter
Pastry for 1-crust pie

Pare and core apples; cut into eighths. Arrange half the apple slices in baking dish; top with half the dates; repeat. Combine sugars, nutmeg, and grated peels; sprinkle over top. Dot with butter. Top with thin square of pastry. Cut slits in pastry to allow steam to escape. Bake at 425°F. Mark 6 about 45 minutes or until apples are soft. Serve with warm cream. Serves 6.

Apple flan

16 · Hot Apple Puddings

WHEN you were young, did you judge a meal by the 'afters'? . . . steaming apple puddings, spotted dick or ice cream for whose sake you had downed your spinach? I'm afraid I did. And now that I've grown to man's estate, I still do.

Sweets are no longer just for the sweet. Queen Victoria's chef remarked resignedly that desserts were merely a device to prolong the meal and keep the ladies at table, but the days when men were content to round off their meals with cheese and nuts went out with the port that accompanied them. Nowadays, if you could creep invisibly into one of the great men's clubs, you would find businessmen and bankers, actors and athletes alike, all choosing nursery sweets – pies and puddings and stewed fruit, in preference to the more elaborate fare they feel obliged to take when women are watching.

So all the family, whatever their ages may be, will love these steaming hot apple puddings. Go on pretending that you make them for the children, if you will, but you can be sure that the grown-ups will love them just as much.

CHERRY APPLE BAKE

4 large eating apples
1 medium tin dark pitted cherries
2 oz. sugar
Juice of 1 lemon
4 tablespoons cherry juice
6 oz. soft brown sugar
4 oz. butter
4 oz. sifted plain flour
¼ teaspoon salt

Wash, core and pare apples. Slice very thinly into 2½-pint baking dish. Add drained cherries; sprinkle with sugar and lemon and cherry juice. Bake uncovered in a moderately hot oven (400°F. Mark 5) for 20 minutes.

Cream brown sugar and butter together; add flour and salt and mix well. Roll mixture into 6 small balls and flatten well. When fruit has cooked, remove casserole from oven and lay 'topping' rounds over fruit, leaving border of fruit around edge. Return casserole to oven, bake a further 25 minutes, or until topping has browned. Serve warm, not hot. Serves 6.

CRUNCHY APPLE COBBLER

1½ pounds tart eating apples
8 oz. brown sugar
Grated rind of half a lemon
1 level teaspoon cinnamon or powdered ginger
2 oz. seedless raisins
½ pint water

Butterscotch topping:

½ pound self-raising flour
Pinch of salt
1 tablespoon castor sugar
4 oz. butter
About ½ cup water
2 oz. butter (softened)
2 oz. brown sugar

Put the sugar, lemon rind, cinnamon or ginger, raisins and water in a saucepan. Stir until sugar dissolves. Bring to the boil. Peel, core and quarter the apples and simmer in the syrup until just tender. Turn into a shallow ovenware dish.

To make the topping: Sift the flour, salt and sugar, rub in the butter and mix to a soft dough with the cold water. Roll out lightly on a well-floured board to oblong shape just under ½" thick. Spread with the softened butter, sprinkle with

brown sugar and roll up like a Swiss roll. Cut across into six even slices. Arrange on top of the apples. Bake in a pre-heated oven (425°F. Mark 6) for 20–25 minutes until well risen and golden brown. Serve with cream or custard.

APPLE BATTER CUPS

3 small cooking apples
½ level teaspoon salt
2 level teaspoons baking powder
2 level tablespoons sugar
4 oz. plain flour, sifted
1 egg
¼ pint milk
2 tablespoons melted butter or margarine
Brown sugar
Mixed spices

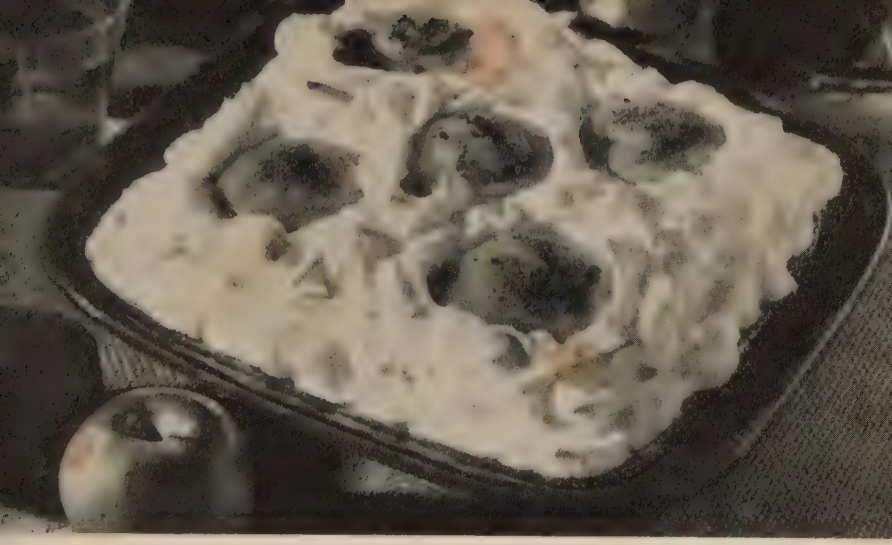
Pare, half and core apples. Mix and sift salt, baking powder, sugar and flour. Beat egg and milk in a mixing bowl. Add dry ingredients all at once, stirring only enough to mix. Do not over stir. Add melted butter or margarine. Divide batter between six large greased castle pudding tins. Place an apple-half in each tin, core side up, on top of batter. Fill centre of each apple with brown sugar, sprinkle lightly with mixed spices and dot with butter. Bake in a moderately hot oven (400°F. Mark 5) for about 30 to 40 minutes, or until apples are tender and batter is baked. Serve with custard or cream. Serves 6.

HONEY APPLE CRISP

2 pounds sliced apples (peeled and cored)
1 oz. walnuts (chopped)
1 tablespoon lemon juice
¼ pint honey
2 oz. flour
2 oz. brown sugar
¼ teaspoon salt
2 oz. butter
Cream
Powdered cinnamon

Spread sliced apples and walnuts in a shallow baking dish. Add lemon juice to honey and pour over all.

In a bowl, mix flour, brown sugar and salt; rub in half the butter, making a crumbly mixture. Spread buttered crumbs evenly over the apples; dot with remaining butter and bake in a moderate oven (375°F. Mark 4) for 30 to 40 minutes, or until the apples are tender and the crust is crisply browned.



Apple meringue

Serve hot with plain or whipped cream and top with powdered cinnamon.

APPLE MERINGUE

1 pound cooking apples
Few drops of cochineal
1½ oz. cornflour
1-1½ oz. sugar
1 pint milk
Nut of butter
2 egg yolks

Meringue:
2 egg whites
1 teaspoon cornflour
2 oz. castor sugar

Prepare and stew the apples to a pulp, sweetening as required. Press through a sieve and add a few drops of cochineal if you like a pinky glow to the apple. Put a thin layer of the apple purée in the bottom of a 1 pint pie dish, reserving some of the apple for decoration.

Mix the cornflour and sugar smoothly with a little of the cold milk and put the rest on to heat. Add the mixed cornflour and boil for 1 minute, stirring all the time. Remove

from the heat and stir in the butter and the egg yolks. Carefully place this mixture on top of the stewed apples in the dish.

Beat the egg whites stiffly, then fold in the 2 oz. sugar mixed with 1 teaspoonful cornflour. Pile the meringue on top of the pudding, making five or six 'nests' with the tip of a spoon or knife. Bake 10–15 minutes in a moderate oven (375°F. Mark 4).

Fill the 'nests' with the remaining apple purée and serve hot.

APPLE UPSIDE-DOWN PUDDING

2 oz. butter
5 oz. brown sugar
3 eating apples
6 cherries
3 prunes
3 blanched almonds

Batter:

2 oz. butter
2½ oz. white sugar
4 tablespoons golden syrup
1 egg, well beaten
4 oz. plain flour
1 teaspoon baking powder
1 teaspoon powdered ginger
½ teaspoon bicarbonate of soda
½ teaspoon of powdered cinnamon
Good pinch salt
Boiling water

Melt butter and brown sugar in an 8″ cake tin. Pare and core the apples; cut each in half to make two thick rings. Arrange the apple rings in the butter and sugar syrup; put a cherry in the centre of each apple ring and arrange prunes and almonds in the centre of the tin in a star shape.

To make batter: Cream butter with white sugar until light and fluffy. Beat in golden syrup and add well-beaten egg. When well blended, lightly stir in the dry ingredients and just enough boiling water to make a soft dropping batter. Pour this mixture over the apples, almonds and prunes in the cake tin and bake in a very moderate oven (350°F. Mark 3) for about 40 minutes.

Apple upside-down pudding

APPLE GINGER MADEIRA PUDDING

1 pound eating apples
2 to 3 oz. stem or crystallized ginger
6 oz. sugar
Juice and grated rind of 1 lemon
1 tablespoon water
4 oz. butter or margarine
2 eggs
4 oz. plain flour, sifted twice
1 level teaspoon baking powder
Pinch salt

Slice pared and cored apples and the ginger. Put three-quarters of the mixture in a well-greased pudding bowl. Add 2 oz. of the sugar, lemon juice and grated rind, together with the water, then remaining apple-ginger mixture.

Cream butter and remaining 4 oz. sugar together. Beat in the eggs, one at a time. Fold in the twice-sifted flour, baking powder, and salt, pour into the bowl, cover with greaseproof paper and floured cloth or foil and steam for $1\frac{1}{2}$ hours.

Serve with cream or custard.

PINE GLAZED APPLES

8 large tart eating apples
1 pint pineapple juice
6 oz. butter
3 oz. sugar
Few drops orange colouring

Wash and core the apples, but do not peel. Score skins with a sharp knife about a third to halfway down each apple, cutting through the skin, but cutting into the apples as little as possible.

Place apples in a steamer and steam just long enough to enable you to peel the skin off the top of the apples gently. Arrange the apples in a shallow baking dish. Combine pineapple juice, butter and sugar, bring to the boil and tint with orange colouring. Boil this mixture for about 5 minutes and pour over the apples. Place dish under the grill, as far from the heat as possible and grill until the apples are glazed, basting frequently with juices.

FRENCH APPLE CHARLOTTE

3 pounds cooking apples
3-4 oz. unsalted butter
3-4 dessertspoons water
2 dessertspoons apricot jam
1 egg yolk
½ loaf stale bread

For Garnish:

Poached apple halves
Apricot jam
Whipped cream

Peel, core and slice the apples thinly. Simmer with 1 oz. butter and the water until soft, boil quickly, stirring all the time until thick. Sieve and mix with jam, sweeten to taste and stir in beaten egg yolk.

Cut bread into fingers $\frac{1}{4}$″ thick, $1\frac{1}{2}$″ wide, removing crusts. Dip both sides in melted butter and line a 1 pint mould. Trim off at top. Fill with apple, cover with buttered bread.

Bake in a moderately hot oven (400°F. Mark 5) for 45 minutes or until bread is crisp and golden. Stand for 5 minutes. Turn out and decorate with apple halves poached in syrup and glazed with apricot jam and whipped cream.

APPLE CHEESE CRISP

2 pounds tart apples
8 oz. sugar
2 tablespoons water
2 tablespoons lemon juice
1 level teaspoon mixed spice
3 oz. sifted flour
3 oz. butter or margarine
¼ pound grated cheese
1 level teaspoon salt

Pare, core and slice apples and mix with 4 oz. sugar. Moisten with water and lemon juice and turn out into a well-buttered baking dish. Sprinkle with mixed spice.

Sift flour and remaining sugar into a mixing bowl. Rub in the butter lightly, stir in the cheese, add salt and sprinkle over the apples. Bake uncovered in a moderate oven (375°F. Mark 4) for 1 hour. Serve warm with cream. Serves 6 to 8.

RING AROUND APPLE COBBLER

1½ pounds tart eating apples
1 tablespoon plain flour
8 oz. granulated sugar
¼ teaspoon nutmeg
Grated rind and juice of 1 lemon

Scone dough:
8 oz. plain flour
½ level teaspoon salt
3 level teaspoons baking powder
4-6 tablespoons butter
2 oz. sultanas
¼ pint milk

Peel, core and slice apples, mix with flour, sugar and nutmeg, sifted together, and the grated rind of the lemon. Place in a casserole or pie dish, and sprinkle with a little extra sugar and lemon juice. Cover and bake in hot oven for 25 minutes (450°F. Mark 7). Sift flour, salt and baking powder together, rub in the butter with the fingertips, add sultanas, and stir in the milk quickly until the dough is soft but not sticky.

Roll into a long sausage shape; snip at 1″ intervals with the scissors, and place scones around the edge of pie dish. Brush scones lightly with a little milk and sprinkle with castor sugar. Return the dish to a hot oven (450°F. Mark 7) for 15–20 minutes, or until scone dough is golden brown.

BUTTERSCOTCH APPLE ROLL

6 oz. flour
2 level teaspoons baking powder
1 tablespoon castor sugar
Pinch of salt
8 oz. suet
Milk to moisten
1 pound cooking apples, peeled, cored and sliced
1 oz. currants
1 oz. sultanas
6 oz. brown sugar
½ pint water
1 oz. butter or margarine
Custard
Ginger syrup (optional)

Make a pastry with flour, baking powder, castor sugar, pinch of salt and suet, using a little milk to moisten. Roll out the pastry into a neat oblong and cover it with peeled, cored and sliced apples together with currants and sultanas. Roll up tightly like a Swiss roll, sealing the ends well. Cook together, until melted, brown sugar, ½ pint water and 1 oz. butter or margarine. Pour this syrup into a fireproof baking dish, cut the roll into thick slices and lay them in it. Dot with shavings of margarine or butter and bake in a hot oven (450°F. Mark 7) until the apples are soft and the pastry quite cooked. Serve with custard.

This apple roll can also be boiled – it will take about 2 hours – and is delicious served with ginger syrup and with a spoonful of ginger syrup added to the apple filling.

PEACH AND APPLE PUDDING

1 tin sliced peaches
4 eating apples
Juice of 1 lemon
4 oz. chopped toasted almonds
12 macaroons, finely crumbed
¼ pint peach juice
2 tablespoons melted butter
2 tablespoons brown sugar
½ teaspoon cinnamon

Drain peaches, save juice. Core and peel apples; slice in eighths and soak in lemon juice. Make alternate layers of peaches, apples, almonds and macaroon crumbs in a buttered baking dish (2 quart) with crumbs as top layer. Measure ¼ pint

French Apple Charlotte

peach juice, add melted butter and pour over crumbs. Sprinkle with sugar and cinnamon and bake in a moderate oven (375°F. Mark 4) for one hour.

Serve warm with cream. Serves 4–6.

APPLE PUDDING CAKE

4 medium sized apples, peeled, cored and sliced
2 tablespoons water
2 oz. sugar
½ teaspoon cinnamon
¼ teaspoon nutmeg
2 egg yolks
4 oz. brown sugar
4 oz. sifted plain flour
1 level teaspoon baking powder
¼ teaspoon salt
6 tablespoons hot water
2 egg whites
2 oz. castor sugar

Place apples in greased, deep baking dish; add water. Combine sugar and spices and sprinkle over apples.

Beat egg yolks until thick, gradually adding brown sugar. Mix and sift flour, baking powder and salt. Add to egg mixture alternately with hot water. Make a meringue of the

egg whites and the 2 oz. castor sugar and fold into cake batter. Pour over apples and bake in a slow oven (350°F. Mark 3) for about 1 hour.

DUTCH APPLE PIE

10 oz. light brown sugar
2 tablespoons flour
½ level teaspoon salt
1 level teaspoon cinnamon
¼ pint water
2 tablespoons lemon juice
2 tablespoons butter or margarine
½ teaspoon vanilla essence
Shortcrust pastry for 2-crust 9″ pie
4 tart apples, sliced

Mix two-thirds of the sugar with flour, salt and cinnamon in a saucepan. Stir in water and lemon juice and cook, stirring, until fairly thick. Remove from heat and stir in butter and vanilla essence; cool.

Line pie pan with half the pastry. Put sliced apples in lined pan and cover with first mixture. Crumble remaining pastry with remaining brown sugar and sprinkle over top of pie. Bake in a hot oven (450°F. Mark 7) for 10 minutes. Reduce heat to 400°F. Mark 5 and bake for about 25–30 minutes longer. Serve warm or cold. Serves 8.

BOSTON APPLE COBBLER

4 medium sized apples, thinly sliced
3 oz. brown sugar
1 tablespoon lemon juice
½ level teaspoon cinnamon
½ level teaspoon nutmeg
2 tablespoons butter
6 oz. flour
3 level teaspoons baking powder
1 tablespoon castor sugar
½ teaspoon salt
3 oz. butter or margarine
¼ pint milk
1 well-beaten egg
2 tablespoons sugar

Arrange apple slices in a well-greased square baking tin. Sprinkle with mixture of brown sugar, lemon juice, cinnamon and nutmeg. Dot fruit with 2 tablespoons butter.

Sift together flour, baking powder, castor sugar and salt. Cut in butter until mixture resembles coarse breadcrumbs.

Whisk milk and egg together and add to mixture, stirring only sufficiently to mix.

Spread mixture lightly over apple slices and sprinkle with 2 tablespoons sugar. Bake in hot oven (450°F. Mark 7) for 30–35 minutes. Serves 8.

CRISPY APPLE CRUNCH

6 medium sized eating apples
4 oz. sugar
2 tablespoons water
Lemon juice
6 tablespoons raw oats
4 tablespoons melted butter or margarine
4 tablespoons chopped nuts
1 teaspoon lemon rind, grated
½ teaspoon cinnamon

Pare and core apples and slice thinly. Place apple slices in the bottom of a buttered oven-proof pie dish and add sugar, water and lemon juice to taste.

Mix thoroughly oats, butter, chopped nuts, lemon rind and cinnamon and spread mixture over the fruit. Bake in a moderate oven (375°F. Mark 4) for 30 minutes or until fruit is tender and crust is golden brown. Serve hot with whipped cream or vanilla ice cream.

APPLE CORNFLAKE CRUNCH

1 pound apples
4 oz. cornflakes
2 oz. brown sugar
2 oz. butter

Peel, slice and core the apples. Place layer of apples in an oven-proof dish, add a layer of cornflakes, sprinkle liberally with sugar and put a few knobs of butter on top. Build up the dish in layers until the cornflakes and apples have been used up. Bake in a moderately hot oven (400°F. Mark 5) until apples are cooked and the mixture is crisp.

APPLE CREAM PUDDING

1 pound cooking apples
Sugar
Cochineal
1 packet vanilla-flavoured cornflour
1-1½ oz. sugar
¾ pint milk
A nut of butter
Almonds and angelica to decorate

Core, peel and slice apples and stew them to a pulp, sweeten to taste and add a little cochineal to give apples a delicate pink colour. Mix the cornflour and 1–1½ oz. sugar smoothly with a little of the cold milk and put the rest on to heat. Add the blended cornflour, stir until boiling and boil for 1 minute, stirring all the time. Then add butter and pour the mixture into a pie dish. Place the hot stewed apples on top, decorate with almonds and angelica. Serve hot.

APPLE BREAD PUDDING

3 oz. fresh white breadcrumbs
¼ pint milk
2 eggs separated
1 oz. butter
1 tablespoon brandy
2 oz. almonds
2 oz. raisins
4 oz. sugar
¼ teaspoon cinnamon
Pinch of cloves
Pinch of nutmeg
1½ teaspoons grated lemon rind
1 large apple
Pinch of salt

Cook the breadcrumbs and milk together, stirring for two minutes. Cool slightly. Beat in the egg yolks, butter, brandy, almonds, raisins, sugar, spices and lemon peel. Peel, core and chop the apple finely; stir into the mixture. Whip egg whites until stiff with a pinch of salt, and fold lightly into the other ingredients. Place in a buttered baking dish and bake in a moderate oven (375°F. Mark 4) for about 35 minutes. Serve with cream. Serves 4.

BUTTERED APPLES

4 tart eating apples, or firm cooking apples
Juice of 1 lemon
4 oz. castor sugar
4 slices stale bread
4 oz. butter
Cream or custard

Pare, core and dice apples and toss in lemon juice and then in sugar. Remove crusts from bread and dice the same size as apples.

Melt 2 oz. butter in a thick-bottomed frying-pan and fry the apples, stirring frequently, until golden. Remove, add a little more butter and fry the bread cubes in order to absorb the caramel and apple juice. When quite crisp toss apples and bread together. Serve immediately with cream or custard.

RUM APPLE PANCAKES

4 oz. sifted flour
½ teaspoon salt
1 tablespoon castor sugar
½ pint milk
3 eggs
3 tart apples, peeled, cored and sliced
4 tablespoons rum
4 tablespoons orange juice
¾ pint apple sauce, hot
6 oz. brown sugar

Sift flour, salt and castor sugar into a large mixing bowl. Add half the milk and stir until blended. Add the eggs one at a time beating well each time. Stir in the remaining milk. Combine the apple slices with rum and orange juice and add to the batter. Bake in a hot, lightly greased griddle, browning on both sides and making all the cakes even in size. As each one is browned place on a warm platter in the oven. Keep warm.

To serve: Arrange cakes in stacks on a hot serving dish and fill with alternate layers of hot apple sauce and brown sugar. Sprinkle the top cake with more brown sugar. Cut into wedges.

APPLE GINGER PUDDING

1 pound cooking apples
4 oz. butter
4 oz. sugar
2 eggs
2 oz. treacle
8 oz. flour
1 teaspoon ginger
¼ teaspoon allspice
1 level teaspoon cinnamon
1 level teaspoon bicarbonate of soda
½ pint milk
1 oz. chopped preserved ginger

Beat butter and sugar together until light and fluffy. Whisk in eggs and treacle. Sieve the flour, ginger, allspice and cinnamon. Dissolve bicarbonate of soda in milk and fold milk and dry ingredients alternately into the creamed mixture. Bake in a greased ring mould in a moderate oven (375°F. Mark 4) for about 1 hour, or until firm to the touch.

Wash, peel and core the apples and cook them with very little water until they form a thick pulp.

Turn out pudding, fill the centre with apple purée, decorate with chopped preserved ginger and serve very hot. Serves 6.

APPLE GINGERBREAD CAKE

Topping:

2 oz. butter
2 oz. brown sugar
2 tart eating apples, pared, cored and diced

Cake:

4 oz. self-raising flour
½ level teaspoon salt
1½ level teaspoons ginger
½ level teaspoon grated nutmeg
4 oz. butter
4 oz. soft brown sugar
Grated rind and juice of 1 lemon
2 eggs
Cherries to decorate (optional)

Topping: Cream together the butter and sugar, spread over bottom and sides of 8″ cake tin, arranging apple slices evenly over the base.

Cake: Sift flour, salt and spices together; cream butter and sugar with the lemon rind and juice until light and fluffy.

Apple gingerbread cake

Beat in the eggs one at a time, fold in the sieved flour and spices and spread the mixture carefully over the apples.

Bake in a slow oven (350°F. Mark 3) for 45 minutes. Turn out onto a dish and decorate with cherries if desired. Serve hot or cold with custard or cream.

SWISS APPLE CUSTARD PIE

4 oz. softened butter
6 oz. flour
Water
2 tablespoons grated almonds
2 tablespoons fine, dry breadcrumbs
3-4 medium eating apples
Juice of $\frac{1}{2}$ lemon
$\frac{3}{4}$ pint light cream
3 egg yolks
3 whole eggs
Pinch of salt
4 oz. sugar
Sugar and melted butter

Cut softened butter into flour with pastry blender. Add just enough water to hold mixture together. Shape in a ball, roll out and fit in 10″ pie pan. Fold edges under and flute. Bake blind for 10 minutes in a moderate oven (375°F. Mark 4). When cool, sprinkle almonds and crumbs into shell.

Peel, core and slice apples and pile into shell. Sprinkle with lemon juice and bake in a moderate oven (375°F. Mark 4) for 10 minutes.

Combine cream, egg yolks, eggs, salt and sugar in a mixing bowl and whisk lightly together and pour over apples. Bake in a slow oven (325°F. to 350°F. Mark 2–3) for 30 minutes, or until firm. Sprinkle with sugar and pour 2 tablespoons melted butter over top. Put in a 450°F. (Mark 7) oven for about 5 minutes. Serve hot.

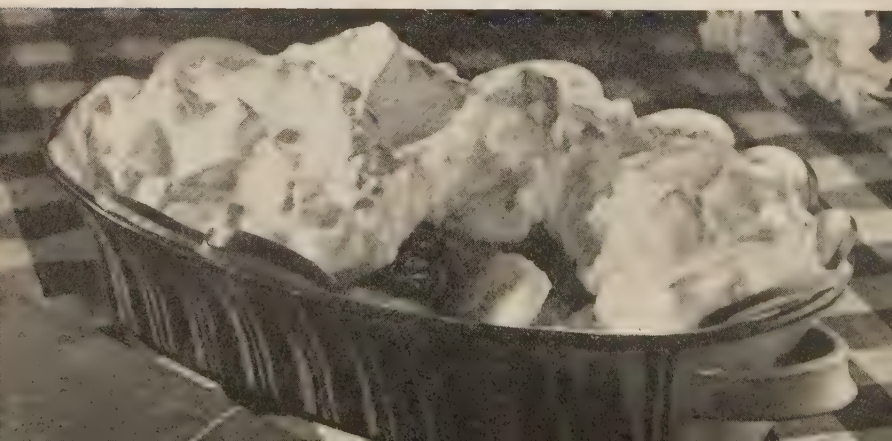
APPLE PEAK PUDDING

6 to 8 apple halves
¾ pint milk
6 tablespoons castor sugar
4 egg yolks
¼ teaspoon salt
¼ teaspoon vanilla or nutmeg
Meringue (2 egg whites, 2 oz. castor sugar, ¼ teaspoon salt)

Poach apple halves. Chill.

Scald milk in a double saucepan. Beat sugar and egg yolks together until well blended. Pour in the scalded milk, stirring constantly. Return to the double saucepan and cook until the custard coats the spoon, stirring all the time. Remove at once; add salt and flavouring; beat thoroughly; cover and chill.

Baked apple meringue



To Serve: Put apple halves in an oven-proof dish and cover with custard mixture. Top with meringue made from egg whites, castor sugar and salt, and brown under pre-heated grill for 2–3 minutes. Cool and serve. Serves 4–6.

BAKED APPLE MERINGUE

2 pounds cooking apples
4 oz. prunes, soaked overnight
2 oz. sugar
4 tablespoons water
2 tablespoons apricot jam

Meringue:
2 egg whites
4 oz. castor sugar
1 eating apple
lemon juice

Peel, core and slice the apples, arrange in an oven-proof dish with the prunes. Sprinkle with sugar and add 4 tablespoons water mixed with the apricot jam. Cover and cook in a slow oven (350°F. Mark 3) for half an hour.

To make the meringue whisk the egg whites until very stiff. Add a tablespoon of sugar and continue whisking until stiff. Fold in the rest of the sugar and pile on the apples and prunes to cover completely. Return to the oven until golden brown and then decorate with slices of eating apple dipped in lemon juice to prevent discoloration. Serves 4 people.

BLACKBERRY AND APPLE SPONGE

2 pounds apples
½ pound blackberries
2 oz. castor sugar
Cream or custard

Sponge:
3 oz. butter
3 oz. castor sugar
2 eggs, beaten
5 oz. self-raising flour

Peel, core and slice the apples into a pie dish and add hulled and washed blackberries and sugar. Make sponge by creaming butter and sugar, adding eggs and flour and spread over the fruit. Bake in a moderate oven (375°F. Mark 4) for 30–40 minutes. Sprinkle with a little castor sugar and serve with cream or custard.

17 · Apple Sweets for Every Day

How often are you tempted to fall back on the tried and true routine dessert, just because it is quick and easy? I used to often until I found there was such a wealth of delicious recipes to choose from that it really paid to be a bit more adventurous.

Now, I never just finish up with an ice or something out of a packet. For I have found that the tiny amount of extra time it takes to turn out something special is well worth while. The sweet, after all, rounds off the meal and it is extraordinary how much difference the right choice of pudding makes. After a roast of beef or any rich meat dish, the taste of fresh cooked fruit is a wonderful freshener. No matter how much you have eaten, you seem to leave the table feeling light. Fresh fruit is good for you, they say, and after one of the puddings suggested below, you will agree wholeheartedly.

APPLE HARLEQUIN

4 eating apples
4 oz. granulated sugar
½ pint water
1 lemon
1 packet lime jelly
1 packet raspberry jelly
¼ pint whipped cream

Peel, core and halve the apples. Dissolve sugar in water with pared rind and juice of the lemon, and poach apples gently in the syrup until tender; drain and cool.

Dissolve lime jelly in hot syrup with water to make ¾ pint. When on the point of setting, pour into an 8″ or 9″ shallow cake tin, arrange the apples neatly in the jelly and allow to set.

Meanwhile, dissolve the red jelly in ¾ pint water, cool, pour half into a small mould and the remaining half over the lime jelly. When both are set, turn out onto a wet plate, turning the small mould out on top. Decorate and serve with whipped cream.

APPLE—CRANBERRY SPONGE

Stale sponge cake
1 pint stewed apples
1 tin cranberries
2 eggs, separated
2 tablespoons kirsch
2 oz. castor sugar

Crumble the stale sponge cake, add stewed apples and cranberries and beat well. Leave to soak for about 1 hour. Add the beaten yolks and kirsch and mix thoroughly.

Spoon into buttered oven-proof dish and bake in a moderate oven (375°F. Mark 4) for 20 to 30 minutes. Whisk egg whites until stiff. Fold in 2 tablespoons sugar; spread over sponge and sprinkle with remaining sugar. Brown in oven – about 20 minutes.

APPLE AND BLACKBERRY MOULD

½ pint cream, whipped
½ pint thick apple sauce
1 egg white
½ oz. gelatine
1 punnet (1 pound) blackberries
Sugar
1 teaspoon cornflour
1 egg yolk
6 poached apple halves

Combine whipped cream and apple sauce. Whisk egg white stiffly and fold in. Add gelatine which has been dissolved in a little water and partly set.

Simmer blackberries, reserving 6 tablespoons for garnish,

in a little water. Sweeten with sugar to taste. Thicken slightly with cornflour (mixed to a paste with cold water). Add a little hot juice to the egg yolk and mix well. Return to the pan and cook over a low heat until thick, without allowing mixture to boil. Cool.

Line mould with apple mixture, making hollow in the centre for blackberries. Leave until set, then put in blackberries and chill in refrigerator.

Just before serving, turn out and garnish with poached apple halves filled with remaining blackberries.

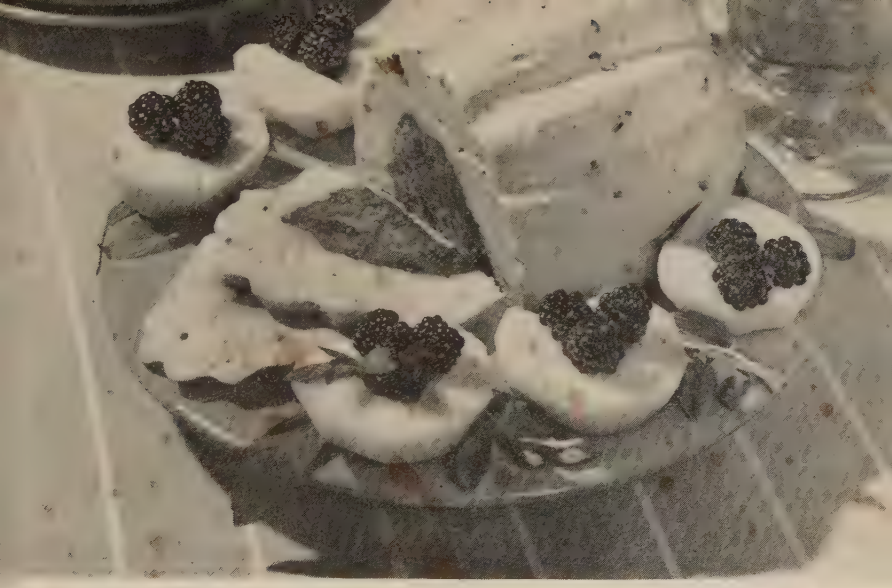
BLACKBERRY AND APPLE MOUSSE

½ pound blackberries
Sugar
½ oz. gelatine
3 tablespoons cold water
¾ pint sweetened apple purée
¼ pint cream, lightly whipped
1 egg white, stiffly beaten
1 green eating apple
Lemon juice

Wash the blackberries if necessary and put into a pan with a little water, reserving a few to decorate the mousse. Simmer until tender and put through a sieve. Sweeten to taste and return to the pan. Add gelatine soaked in cold water and stir over a low flame until gelatine has dissolved completely, but do not allow the juice to boil. Stir the juice into the apple purée and cool slightly. Fold in the lightly whipped cream and stiffly beaten egg white and pile into glasses. When set, decorate with remaining blackberries, rolled in sugar, and slices of unpeeled apple, dipped in lemon juice to retain their colour.

APPLE GINGERBREAD RING

5 oz. butter or margarine
4 oz. brown sugar
5 oz. black treacle or golden syrup
1 tablespoon water
1 oz. ground almonds
1 teaspoon grated lemon rind
2 teaspoons powdered ginger



Apple and blackberry mould

7 oz. plain flour
2 level teaspoons baking powder
2 eggs

Garnish:

Whipped cream
Halved walnuts

Put the butter, sugar, treacle and water into a thick pan and heat gently until the butter is melted. Sieve the dry ingredients and pour the treacle mixture into a well in the centre, beating hard until thoroughly mixed. Beat in the eggs gradually. Pour the mixture into a greased ring mould and bake in the centre of the oven (350°F. Mark 3) for about 1 hour until well risen and set. Allow to shrink slightly and unmould. Serve hot or cold, filling the centre with apple compote. Garnish with whipped cream and halved walnuts.

Apple Compote:

2 pounds cooking apples
2 dessertspoons water
6 oz. (approx.) castor sugar
½ teaspoon cinnamon or ground ginger
Lemon juice

Peel, core and slice the apples and put in a thick saucepan with the water, sugar and cinnamon or ginger. Cover and cook till tender. Flavour to taste with lemon juice and add more sugar if desired. Lift into centre of gingerbread with a perforated spoon. Excess juice tends to soften the gingerbread.

CHOCOLATE APPLE MERINGUES

3 large baking apples
¼ pint lemon juice
1½ oz. granulated sugar
1 tablespoon redcurrant jelly
2 whites of egg
4 oz. castor sugar

Sauce:

3 oz. unsweetened chocolate
2 oz. sugar
1 teaspoon cocoa
½ pint water
Vanilla essence
2 egg yolks

Peel and core the apples, cut them in half and simmer in water with a squeeze of lemon juice. Do not allow them to break, drain and place in a buttered oven-proof dish. Put the rest of the lemon juice, granulated sugar and redcurrant jelly into saucepan and bring to the boil. Pour over the apples. Whip egg whites stiffly and fold in the castor sugar. Pipe in circles on top of the apples. Brown slowly in the oven.

Meanwhile prepare the chocolate sauce. Break up the chocolate and reserve 1 small piece. Put the rest into a small pan with sugar, cocoa and water. Stir until boiling, and the chocolate has dissolved. Simmer for about 15 minutes, until syrupy. Add the vanilla essence and stir in the egg yolks, off the stove. Fill the centres of the apples with this sauce, and grate the reserved chocolate on top. Serves 6.

Chocolate apple meringues

APPLE BRULÉ

1 pound tart eating apples
¼ pint syrup made with :
    4 oz. sugar
    ¼ pint water
    Juice of 1 lemon
½ pint double cream
1 egg
2 egg yolks
Pared rind of 1 lemon
4 oz. soft brown sugar, sifted

Peel, core and quarter apples and poach in a covered saucepan in syrup made with sugar, water and lemon juice, until tender, basting occasionally. Drain apples well and pack closely in an oven-proof dish.

Combine cream, eggs, and pared lemon rind in the top of a double saucepan and cook over water until thick enough to barely coat the back of a spoon. Strain and pour over the apples, sprinkle with sifted brown sugar and place under a hot grill to brown lightly.

APPLE—APRICOT MOUSSE

2 medium sized cooking apples, cored, pared and sliced
¼ pound dried apricots, soaked overnight
Juice and rind of ½ lemon
Sugar
Grand Marnier
2 egg whites
Cream and toasted almonds to decorate

Stew apples and soaked apricots together with lemon juice and rind until fruit is tender. Strain and put through a sieve. Add sugar and Grand Marnier to taste and cool. Whisk egg whites stiffly and gradually whisk into purée. Pile into serving dish and decorate with cream and toasted almonds.

MACEDOINE OF FRUIT

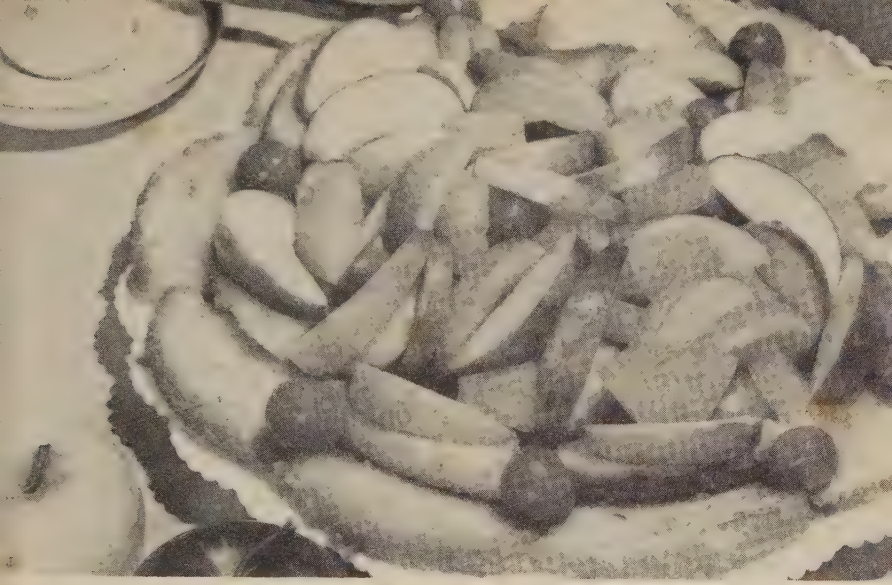
1 stale madeira or sponge cake
6 oz. butter
1½ pounds red eating apples
1 medium tin of pineapple pieces
12 tinned or glacé cherries
1 oz. granulated sugar
A little rum or kirsch

Quarter the sponge cake and cut into slices. Melt 4 oz. of the butter in a shallow pan and lightly fry the cake slices, remove and arrange round a serving plate. Slice and core the apples and lightly fry in the remainder of the butter together with the pineapple pieces; mix with the cherries and arrange in the centre of the cake. Add granulated sugar to the pineapple juice with a little rum or kirsch and cook until thick; pour over the fruit and serve.

APPLE SLICES IN FRUIT SALAD

4 oz. sugar
½ pint water
Lemon juice
1 pound grapes
1 small fresh pineapple, or 1 tin
1 pound pears
1 pound red eating apples

Dissolve the sugar in the water and bring to the boil. Boil for 5 minutes and cool. Add a squeeze of lemon juice. Remove the pips from the grapes, peel and dice the pineapple and



Macedoine of fruit

pears and arrange in a serving dish. Core and slice the apples thinly, without removing the peel, and arrange around the dish. Pour over the syrup and chill well before serving.

AUTUMN FRUIT SALAD

¼ pound large prunes
¼ pound apricots
6 oz. sugar
Lemon peel
2 oranges
2 red apples
2 green apples
2 bananas
Juice of 2 lemons
1 small bottle maraschino cherries

Soak the prunes and apricots overnight with water to cover them. When soaked, place them in a saucepan with the same water and simmer slowly until tender. Strain and reserve the liquid, making it up to 1 pint with water. Put the liquid in a pan with the sugar and a slice of lemon peel and boil for 3 minutes. Cool, and remove lemon. Peel oranges and divide into segments. Core and slice apples, peel bananas

and soak both in lemon juice for a few minutes. Put apricots, prunes, orange segments, apples, bananas and the maraschino cherries with their juice into the syrup and mix well.

APPLE BOURGEOISE

Pastry Cream:

2 egg yolks
2 oz. castor sugar
½ oz. plain flour
½ oz. cornflour
½ pint warm milk
1 egg white
4 tart apples
4 oz. sugar
½ pint water
8 tablespoons mixed candied fruit, chopped
1 oz. chopped, blanched almonds or macaroon crumbs
1 oz. granulated sugar

Cream egg yolks, sugar, flour and cornflour together until smooth. Stir in the warm milk, whisking all the time. Place in the top of a double saucepan and cook over gentle heat until thick. Remove from heat. Whisk egg white stiffly and fold into 'cream' by degrees, return to the heat for 2-3 minutes. Remove and cool.

Peel the apples, cut in halves lengthwise and remove the cores. Cook in sugar and water until barely tender. Put the apples, cut side up, on a fireproof serving dish. Fill the core cavity with mixed candied fruit and coat the tops with pastry cream. Sprinkle with chopped almonds or macaroon crumbs, and then with granulated sugar. Glaze in a hot oven or under the grill.

APPLE FROST

1 pound cooking apples
Juice of ½ lemon
2 tablespoons sugar
1 teaspoon gelatine
2 tablespoons water
2 tablespoons cream
2 egg whites
Glacé cherries
Blanched slivered almonds

Wash and slice apples and simmer gently with a little water, lemon juice and half the sugar until they are soft and pulpy. Rub apples through a fine sieve; add gelatine

which you have softened in 2 tablespoons water and stir until melted. Add remaining sugar and cream and whisk until mixture is light and fluffy. Fold in stiffly beaten egg whites. Spoon into individual glasses and decorate with cherries and slivers of blanched almonds.

APPLE JELLY MOULD

1 packet lemon jelly
½ pint water
1 lemon, juice and grated rind
¼ pint double cream, lightly whipped
2 eating apples, coarsely grated
Whipped cream to decorate
Glacé cherries (optional)

Dissolve jelly in water, lemon juice and grated rind and set a little in the bottom of a mould. Stir the lightly whipped cream into the remaining jelly when thick and syrupy; fold in the grated apple and pour into the mould when the first layer of jelly has set. Turn out when firm and decorate with whipped cream and glacé cherries if desired.

POMMES CONDÉ

3 oz. risotto or pudding rice
¾ pint cold water
½ pint hot milk
4 oz. castor sugar
¼ teaspoon salt
4 eggs yolks
½ teaspoon vanilla essence
2 tablespoons softened butter
6 apples, halved, peeled and cored
½ pint water
6 oz. sugar
Piece of vanilla pod
½ pint hot apricot sauce

Wash rice and drain thoroughly. Place in a saucepan with cold water; cover and bring slowly to the boil. Boil steadily for about 5 minutes and drain well. Combine the partially cooked rice with hot milk, castor sugar and salt and cook the mixture in the top of a double saucepan, stirring occasionally, for about 30 minutes, or until the rice is tender, but not mushy.

Beat egg yolks until foamy, and stir into rice mixture with vanilla essence and softened butter. Press the hot rice gently into a buttered ring mould; place in oven until ready to serve.

Peel, core and halve the apples. Poach in a syrup made of ½ pint water and 6 oz. sugar, flavoured with a piece of vanilla pod. When ready to serve: unmould rice ring; arrange poached apple halves around it and serve hot, covered with hot apricot sauce.

APPLE CUSTARD

4 medium sized cooking apples
¼ pint water
½ pound sugar
Juice of 1 lemon
Butter
4 eggs
¼ pound sugar
1 pint warm milk
Vanilla essence
Nutmeg or cinnamon

Pare and core apples; place in a saucepan with water and a syrup made of sugar and lemon juice; cover tightly and cook gently on top of the stove for 5–10 minutes, or until apples are partly cooked.

Remove apples from pan; drain well and place them in a buttered baking dish or oven-proof casserole. Beat eggs and sugar together until light, pour in warm milk, flavoured with vanilla essence and nutmeg or cinnamon. Pour over apples. Set baking dish in a pan of hot water and bake 1½ to 2 hours in a slow oven (325°F. Mark 2) or until custard is firm. Test by inserting knife in centre of custard; it should come out clean. Serves 4–6.

CHILLED APPLE YOGHOURT

1 pint well-flavoured apple sauce
1 tablespoon lemon juice
¼ pint yoghourt
Sugar
Sweet biscuits

Combine apple sauce, lemon juice and yoghourt, sweeten to taste and whisk until well blended. Chill in refrigerator. Serve in sherbet glasses with crisp sweet biscuits. Serves 4–6.

Apple foam parfait

APPLE FOAM PARFAIT

2 cooking apples
Sugar to sweeten
1 egg white
1 dessertspoon lemon juice
2 tablespoons raspberry jam
Angelica leaves

Quarter and core the apples and cook with a very little water and sugar to taste until soft. Sieve and leave to cool. Whip the egg white until very stiff and fold into the apple with the lemon juice. Place a little raspberry jam at the bottom of two tall glasses and spoon some of the apple foam on top. Arrange jam and apple in layers with a little angelica, finishing with apple. Decorate the top with angelica. Serves 2.

NEW ZEALAND APPLE CUPS

Glaze:

½ pound sugar
¼ pint water
Juice of 1 lemon
4 tablespoons redcurrant jelly
Red food colouring
Yellow food colouring
1 dessertspoon cornflour
2 tablespoons rum
2 tablespoons Grand Marnier
2 tablespoons kirsch
Stewed apple slices
Vanilla ice cream
Coarsely chopped walnuts
Whipped cream

Pastry Cup Ingredients:

5 oz. flour
5 oz. icing sugar
2 egg yolks
3 egg whites
1 large orange, greased, to form pastry shapes

To make glazed Apple Slices: Make a syrup with sugar, water, lemon juice and jelly. Colour a rich dark amber with red and yellow food colouring. Thicken with cornflour and flavour with rum, Grand Marnier and kirsch. Pour hot over stewed apple slices and chill.

To make Pastry 'Cups': Sift flour and icing sugar into a mixing bowl; add egg yolks and whites and mix well. Grease a cold baking sheet and mark 4 circles on it with a saucer. Spread 1 dessertspoon of mixture over each circle, using back of teaspoon. Bake in a slow oven (350°F. Mark 3) for 5 to 6 minutes, or until just turning brown at edges. Remove each round from baking sheet; turn over and, working quickly, place each circle over top of a greased orange. Place tea towel over pastry to prevent burning hands and mould pastry to fit orange. Remove and allow to cool. Continue as above, baking 2 to 4 circles each time and shaping them over orange as you go. Cases will keep for days in a biscuit tin. This recipe makes 12 to 16 'cups'.

To assemble: Fill pastry 'cups' just before serving with vanilla ice cream into which you have stirred coarsely chopped walnuts. Add whipped cream. Top with glazed apple slices and syrup.

GINGER APPLE SNOW

1½ pounds cooking apples
6 oz. castor sugar
Juice of ½ lemon
2 egg whites
1 red apple
4 oz. crystallized ginger, chopped
12 sponge fingers

Core apples, cut in thick slices and put with very little water in covered pan. Cook till soft, sieve and measure off ½ pint. Add sugar and lemon juice. Cool.

Whisk egg whites till stiff, fold in apple mixture and continue whisking till stiff and fluffy.

Core and coarsely chop red apple and add with chopped ginger to apple mixture, putting a little to one side for garnishing.

Arrange sponge fingers round side of serving dish and pile apple mixture in centre. Decorate with remainder of diced apple and ginger. Serves 4.

18 · Party Apple Sweets

THERE is no greater temptation for the hostess than to over-stretch herself, to serve too elaborate a meal. Before you know what has happened, you are right out of your depth – and with guests coming, too! The wisest party-givers know that nothing spoils an evening more than a distracted hostess and they plump for an easy dish, but made to perfection, that everyone will enjoy.

Leave great moulded dishes and flaming liqueurs to restaurants – there the cooks are meant to be in the kitchen, not at the table. When you have people in, remember they have come to see you, not just to eat your food, so give them something sumptuous but simple, something that can look after itself while cooking and is easy to dish up.

But just to please your husband, I have left in one great pyrotechnic display – Flaming Apples with Rum. For it is the menfolk who delight in these tricks. You make the dish and let him light it and carry it in. His evening will be made; and he'll soon be pleading with you to have another party so he can do it again.

APPLE AND BLACKBERRY MERINGUE RING

3 egg whites
Pinch of salt
6 oz. castor sugar
2 eating apples
¼ pint sugar syrup
1 pound blackberries (fresh, tinned or frozen)
1 pound cooking apples, washed and roughly sliced
Apricot glaze

Prepare a meringue with egg whites, salt and sugar. Cover a baking sheet with oiled and floured greaseproof paper. Make an 8″ circle and spread half the meringue over this, piping or spooning the remaining mixture round the edge. Dust with castor sugar, bake in a cool oven (300°F. Mark 1) for 1½ to 2 hours, or until dry.

Peel, core and slice the eating apples: poach in sugar syrup until tender but not broken and drain carefully. Poach blackberries for a few minutes only in the same syrup. In the remaining syrup cook the sliced cooking apples, uncovered, until soft. Allow to cool, sieve and spread over meringue base. Arrange blackberries round inside edge of meringue ring, apple slices in the centre, and cover apple slices with apricot glaze.

APPLE CREAM MERINGUE

1 pound eating apples
½ pint syrup (½ pint water, 6 oz. sugar)
Juice and rind of ½ lemon
½ oz. cornflour
1 egg yolk, beaten
4 tablespoons double cream
Sugar
¼ pound boudoir biscuits
Thin slices of eating apple to garnish

Peel, core and thinly slice the apples. Poach in syrup with thinly sliced lemon rind until just tender. To make cream filling, strain the juice from the fruit and measure off 8 liquid ounces, reserving remainder for meringue topping. Stir this gradually into the cornflour mixed with a little cold water, in a small saucepan, and cook 1–2 minutes.

Remove from fire and stir in beaten egg yolk and cream mixed together. Add lemon juice and sugar to taste. Cut one

Apple and blackberry meringue ring

rounded end from each boudoir biscuit and arrange them round soufflé dish. Place one layer of poached apple slices at the bottom of dish and then fill dish with layers of apples and cream mixture alternately.

Meringue topping

4 oz. sugar
Syrup, as above
1 egg white

To make the topping: whisk together the sugar, 2 fl. oz. syrup and egg white in a basin over boiling water about 7 minutes to soft peak. Remove from heat and continue whisking till cool and the meringue holds shape. Pipe on to

pudding and bake in a slow oven (350°F. Mark 3) for 15 minutes or until meringue is lightly coloured. Decorate pudding with thin slices of raw eating apple.

APPLE CUSTARD WITH MINCEMEAT

1½ pounds cooking apples
Juice and grated rind of ½ lemon
2 level teaspoons custard powder
½ pint milk
2 egg yolks
2 tablespoons sugar
1 teaspoon vanilla essence
Sugar
2 egg whites
4 oz. castor sugar
Mincemeat
1 red eating apple, cut in slices
Mint leaves

Peel, core and slice apples and cook to a purée with grated lemon rind, lemon juice and very little water. Cool. Make a thin custard with custard powder and milk. Cool slightly, beat in egg yolks creamed with 2 tablespoons sugar and vanilla and cook over a low flame stirring all the time until thick. Do not allow the custard to boil, once the egg yolks have been added. Leave to cool and sweeten to taste.

Whisk the egg whites stiffly and beat in the sugar. Whisk again until stiff. Fold into the apple purée and place mixture in the bottom of a serving dish. Top with the custard and decorate with mincemeat arranged in a spiral round the dish. Trim with slices of eating apple and mint leaves.

COLD APPLE ZABAGLIONE

6 small cooking apples, baked and cooled
6 tablespoons brown sugar
Cinnamon
6 tablespoons water
Juice of 1 orange

Sauce:

2 egg whites
Pinch of salt
3 oz. icing sugar
2 egg yolks
½ teaspoon grated lemon rind
1½ oz. castor sugar
½ gill Marsala, Madeira or Sherry
Chopped nuts for garnish

Apple cream meringue

Place cold baked apples in individual sherbet glasses. Make a sweet syrup as follows: mix together brown sugar, cinnamon, water and orange juice, and pour over the apples.

The Sauce: Beat egg whites until stiff, with salt. Sift in icing sugar and beat again until firm. Turn into double boiler over gentle heat and continue whisking for 5 minutes, until cooked. Remove and allow to cool.

Beat egg yolks, lemon rind, sugar and wine together until thick, transfer to double boiler and whisk until mixture will hold its shape, remove. Cool and fold into meringue mixture. Spoon thickly over apples and decorate with chopped nuts. Serves 6.

CRISP APPLE MOULD, WITH ORANGES

2½ oz. rice
1 pint milk
1 lemon jelly
1½ oz. sugar
¼ pint double cream
1 egg white
1 pound tart red eating apples, cored and diced
2-3 tablespoons lemon syrup

Garnish:

¼ pint cream, whipped
1 oz. pistachio nuts
2 oranges, peeled and quartered

Wash the rice and cook slowly in the milk in a double saucepan until creamy and tender. Dissolve the jelly in this mixture, add the sugar and allow to cool. Fold in the cream, stiffly whipped egg white and ¾ of the apples, and pour into mould. Leave to set.

Soak the remaining diced apples in lemon flavoured syrup.

When set, turn out mould and garnish with whipped cream, diced apple and finely chopped nuts. Place the orange slices in the centre.

STUFFED APPLES CURACAO

6 ripe eating apples
Sugar, water and lemon juice syrup
3 macaroons
½ tablespoon candied orange peel, chopped
½ tablespoon candied citron peel, chopped
2 tablespoons curacao
¼ pint dry white wine

Select ripe eating apples, peel, core and simmer gently in syrup until they are just tender but not mushy.

Crumble macaroons and mix with them the chopped candied peel and the curacao.

Pack the cavities of the apples with the stuffing and place them in a baking dish; pour dry white wine over them and bake in a moderate oven (375°F. Mark 4) for about 15 to 20 minutes, basting occasionally with white wine.

Apple custard with mincemeat

MINTED APPLES

8 to 10 tart eating apples
½ pound sugar
¾ pint water
Juice of 2 lemons
Few drops peppermint essence
Red or green food colouring
Blanched almonds, chopped
Raisins

Pare and core apples. Make a syrup with sugar, water and lemon juice; flavour to taste with peppermint essence and colour a delicate pink or green.

Add the apples to this syrup, one at a time, and cook gently until just tender. Transfer apples from syrup to a serving dish; fill centres with chopped almonds and pre-soaked raisins; set aside to cool.

Boil the remaining syrup until it falls heavily from a spoon; pour it over the apples and allow to chill. Serve cold.

APPLE FRAPPÉ

2 teaspoons gelatine
4 tablespoons cold water
4 oz. sugar
¼ pint water
6 eating apples
2 tablespoons lemon juice
Maraschino cherries

Soak gelatine in cold water. Bring sugar and ¼ pint water to the boil, add to gelatine and stir until dissolved. Cool. Cut thick slice from small end of apples, scrape out flesh with apple corer without breaking skins. Discard core. Soak apple shells in water with lemon juice. Add lemon juice to chopped apple flesh and mash with fork, fold into gelatine mixture. Place in freezing tray for 30 minutes, stir and freeze 1 hour longer. Fill apple shells with frozen mixture, top with maraschino cherry. Serves 6.

APPLES AND STRAWBERRIES ROMANOFF

4 eating apples
1 pound strawberries
Castor sugar
1 brick vanilla ice cream, softened
4 tablespoons curacao
1 tablespoon cream
Grated rind of 1 orange

Peel and core, then slice thinly the apples and place with ¾ of the strawberries in a dish; sprinkle with castor sugar. Crush remaining strawberries to a pulp; add ice cream, curacao and cream. Mix well together and pour over the apples and strawberries. Prepare in advance and chill well; just before serving sprinkle with freshly grated orange rind.

APPLES WITH CREAM AND RUM

1½ pounds apples
2 oz. butter
2 oz. sugar
2-4 tablespoons rum, warmed
2 tablespoons sieved apricot jam
Whipped cream, rum flavoured

Peel, core and slice apples thickly. Fry them gently in butter until soft. Sprinkle with sugar, pour over the warmed

Crisp apple mould, with oranges

rum and set it alight. Put apples in a serving dish. Add sieved apricot jam to the juices in the pan, mix well and pour over the apples. Serve with whipped cream, flavoured with a little rum. Serves 4.

HOT APPLE FLUFF

2 large cooking apples
Icing sugar
6 tablespoons Calvados or rum
Grated nutmeg

Peel, core and quarter the apples and bake covered in a moderate oven (375°F. Mark 4) for about 45 minutes, or until soft. Sieve, sweeten to taste and add Calvados or rum. Spoon into tall glasses and dust with grated nutmeg. Serves 4.

FLAMING APPLES WITH RUM

4 tart eating apples
2 oz. butter
Brown sugar
2-4 tablespoons Jamaica rum
2 tablespoons apple jelly
$\frac{1}{4}$ pint chilled double cream

Peel, core and slice apples into eighths. Melt butter in blazer pan of chafing dish and brown apple slices until well coloured. Sprinkle with sugar to taste and pour on rum. Set alight. As the flames die down remove apple slices to warm dish. Stir apple jelly into pan juices and ladle melted sauce thus obtained over apple slices. Serve immediately with chilled double cream. Serves 4.

PARTY APPLE SNOWBALLS

6 medium sized Bramley apples
8 oz. sugar
$\frac{1}{4}$ pint water
6 tablespoons ginger marmalade
2 or 3 egg whites
4 to 6 tablespoons castor sugar
4 tablespoons redcurrant jelly

Select fine, round Bramleys, peel and core, and then poach them very, very gently indeed, so that they do not lose their shape, in a syrup made with the sugar and $\frac{1}{4}$ pint of water.

When they are almost (but not quite) tender, stuff them with the ginger marmalade, which you can flavour with a little grated lemon rind if you like.

Make a stiff meringue with 2 or 3 egg whites and castor sugar, according to the size of the apples. Stand the fruit in a fireproof dish and coat each apple with the meringue, leaving a hole at the top.

Bake in a very slow oven (300°F. Mark 1) until the meringue is just beginning to colour. Fill the centres with a spoonful of redcurrant jelly and serve hot with cream.

19 · Apple Cakes and Hotbreads

We all remember the wonderful smell of our childhood kitchens when mother baked an apple cake; the tantalising aroma that filled the entire house used to draw the children to the kitchen like a magnet.

Nothing in the world tastes better than hot apple cake fresh from the oven. It's supposed to taste very good cold, too, but I never saw an apple cake that lasted long enough to test the theory.

Another time-honoured classic that never loses its appeal is fresh apple gingerbread. Baked at tea-time for the family, or to share with friends over a cup of coffee, it will go a long way toward confirming your reputation as a cook.

And if you've never enjoyed fresh apple doughnuts for late Sunday breakfast, you have a treat in store for you. These and other favourite recipes are given in the following pages.

The ingredients: plain and good. Crisp cooking apples, flour, fresh milk, eggs and butter, sugar and spices. These recipes are as wholesome and delicious as they are easy to bake.

HOT APPLE SPICE CAKE

2 oz. butter
4 oz. granulated sugar
1 egg
Milk to mix (approx. 8 fl. oz.)
8 oz. flour
½ teaspoon salt
2 teaspoons baking powder
4-6 cooking apples (depending on size)
1 tablespoon melted butter
6 tablespoons brown sugar
2 teaspoons cinnamon

Cream the butter and granulated sugar well together, beat in the egg. Sift the flour, salt and baking powder together and add to the creamed mixture, alternately with the egg and milk to make a rather stiff batter. Turn into a square tin about 8″ x 8″ x 2″. Set the apples peeled, cored and sliced, in neat rows in the dough pointed side downwards, brush with melted butter, sprinkle with the brown sugar and cinnamon and bake in a fairly hot oven (425°F. Mark 6) for 40–45 minutes. Serve hot for preference with cream or hot lemon cornflour sauce.

Lemon Sauce:

2 tablespoons cornflour
4 tablespoons cold water
2 lemons
⅜ pint boiling water
1 egg yolk
4 oz. sugar

Blend the cornflour with the cold water in a cup. Squeeze lemons. Put squeezed lemon halves in the boiling water, add cornflour mixture and boil till thick and clear. Remove from the heat, remove the skins, then add lemon juice and sugar, and cook till dissolved. Briskly stir in the egg yolk and cook for 1 minute longer without allowing to boil.

SPICY APPLE CAKE

8 oz. sifted flour
1 tablespoon granulated sugar
3 level teaspoons baking powder
¾ teaspoon salt
4 oz. butter or margarine
¼ pint milk
2 or 3 tart eating apples
2 oz. brown sugar
½ teaspoon cinnamon
1 oz. butter

Sift flour, sugar, baking powder and salt together. Rub in butter or margarine. Add milk to make a soft dough. Turn out on a lightly floured board and knead for half a minute. Pat out dough in ungreased 9″ layer tin. Pare apples, core and slice thinly. Arrange apples in petal design over top. Sprinkle with brown sugar and cinnamon, and dot with butter. Bake in a hot oven (450°F. Mark 7) for 25 minutes. Makes a 9″ cake.

APPLE YEAST RING

1 teaspoon sugar
1 oz. yeast
½ pint milk
1 pound flour
1 teaspoon salt
2 tablespoons oil
1 egg
1 pound apples, cored and sliced
Glacé icing
Angelica to decorate

Cream the sugar and yeast together, and add a little warm milk. Sieve the flour and salt into a warm basin, and make a well in the centre. Pour in the yeast mixture, oil and egg, and sufficient warm milk to make a pliable dough. Knead very thoroughly.

Put aside to prove for about 1 hour, in a warm place, until the dough has doubled its size. Knead again lightly, and form into a ring. This quantity will make 2 small rings or one large one.

Prove again for about 20 minutes in a warm place. Mark the dough around the sides with a knife, and insert slices of apple, leaving the red skin on. Egg-wash the ring, and bake in a hot oven (450°F. Mark 7) for about 15 minutes, then reduce the heat to moderate, and bake for about 15 minutes more, until the ring sounds hollow when tapped on the bottom.

When the ring is cold, coat the top with glacé icing and decorate with chopped angelica.

APPLE CAKE

8 oz. sugar
4 oz. margarine or butter
2 eggs, beaten
¼ teaspoon salt
8 oz. flour
1 level teaspoon baking powder
1 tablespoon milk
1 pound tart eating apples, peeled and grated
2 oz. chopped nuts
1 teaspoon vanilla

Cream sugar and fat together. Add beaten eggs. Sift dry ingredients. Add soda to milk. Add dry ingredients and milk alternately to first mixture. Stir in grated apples and nuts. Mix well. Add vanilla. Bake in a loaf tin in moderate oven (375°F. Mark 4) for 45 minutes.

APPLE GINGERBREAD SQUARES

4 oz. butter or margarine
4 oz. sugar
1 egg
4 oz. treacle
6 oz. plain flour
1 teaspoon ginger
¼ teaspoon allspice
1 level teaspoon cinnamon
1 level teaspoon bicarbonate of soda
8 fl. ozs. sour milk
1 pound small eating apples
¼ pint sugar syrup
Angelica, red food colouring and whipped cream to garnish

Cream the fat and sugar until light and fluffy, beat in the egg and the treacle. Sieve the flour and ginger, allspice and cinnamon. Dissolve the bicarbonate of soda in the sour milk. Fold the milk and the dry ingredients alternately into the creamed mixture. Turn into a lined shallow square cake tin. Approx. 8″ x 8″ x 2″. Bake in a moderate oven (375°F. Mark 4) for about ¾ hour. Remove and cool on wire rack. When cold cut into squares.

Peel and core the eating apples and cut into halves and poach very gently in a light sugar syrup, until tender. When cool, decorate with angelica leaves, and 'blush' apples with pink colouring. Place halves of apple on bed of whipped cream on gingerbread squares and serve. Serves 8.

Apple yeast ring

APPLE CLAFOUTI

2 oz. flour
Pinch of salt
2 eggs
½ pint milk
2 large cooking apples
2 oz. castor sugar
1 level teaspoon cinnamon
Melted butter
Icing sugar

Sieve flour and salt into a mixing bowl; make a well in the centre and pour in the eggs. Stir thoroughly, gradually adding the milk, and beat well.

Peel, core and slice the apples and mix with sugar and cinnamon. Grease an 8″ baking dish or cake tin, stir ¾ of the apples into the batter and pour into the tin, arrange remaining apples over top, and brush these with melted butter. Bake for 40 minutes at 375°F. Mark 4. Serve powdered with icing sugar.

APPLE NUT LOAF

4 oz. butter or margarine
6 oz. castor sugar
2 eggs
2 teaspoons grated lemon rind
2 oz. chopped walnuts
2 large tart eating apples, grated
9 oz. plain flour
1 level teaspoon baking powder
$\frac{1}{4}$ teaspoon salt
1 level teaspoon bicarbonate of soda
2 tablespoons sour or fresh milk

Decoration:

1 tart dessert apple
Lemon syrup
Water icing using 4 oz. icing sugar

Cream the fat and sugar together until light and fluffy, beat in the eggs one at a time. Add grated lemon rind, chopped walnuts and unpeeled grated apples; fold in the flour sifted with the baking powder and salt, and quickly stir in the bicarbonate of soda dissolved in the milk. Turn mixture into a greased and floured loaf tin and bake in a moderate oven (375°F. Mark 4) for 45–50 minutes. Turn out and cool on a wire rack.

Pare, core and slice the remaining apple, poach very gently in a little lemon syrup until barely transparent, drain and cool. Arrange apple slices over top of cake and coat with a thin water icing. Serves 6–8.

CHOCOLATE APPLE NUT TORTE

3 egg yolks
6 oz. castor sugar
Vanilla essence
$1\frac{1}{2}$ oz. blanched almonds, finely ground
2 oz. unsweetened chocolate, grated
3 small tart eating apples, peeled and grated
3 egg whites
$\frac{1}{4}$ teaspoon salt

Beat egg yolks with castor sugar until light; add vanilla essence and fold in grated nuts and chocolate and grated apples.

Apple nut loaf

Beat the egg whites stiffly with salt and fold into the apple mixture. Turn into a greased and lined, loose bottomed 9″ cake tin and bake in a slow oven (325°F. Mark 2) for 45–60 minutes. Allow to cool and remove carefully. Serve with whipped cream.

APPLE SAUCE CAKE

4 oz. butter
3 oz. sugar
1 saltspoon salt
1 level teaspoon ground cinnamon
½ level teaspoon ground cloves
Grating of nutmeg
½ pint unsweetened apple sauce, warmed
1 level teaspoon bicarbonate of soda
8 oz. plain flour
4 oz. seeded raisins, chopped

Cream butter with sugar, add salt, spices and warmed apple sauce. Dissolve bicarbonate of soda in a little warm water and stir into mixture.

Add flour mixed with chopped raisins. Mix all together and bake in a moderate oven (375°F. Mark 4) for about 50 minutes.

APPLE SAUCE SPICECAKE

4 oz. butter
6 oz. sugar
3 eggs, well beaten
2 oz. chopped nuts
2 oz. raisins, chopped
8 oz. sifted plain flour
1 level teaspoon baking powder
½ level teaspoon grated nutmeg
½ level teaspoon powdered cinnamon
½ pint thick, unsweetened apple sauce

Cream butter with sugar until light. Add eggs, one at a time, beating well after each addition. Stir in nuts and raisins. Sift dry ingredients together; stir in alternately with apple sauce, blending well. Pour into greased and lined 8½″ x 4½″ x 2½″ loaf tin. Bake at 350°F. Mark 3 for about 1 hour. This may also be baked in 2″ x 9″ sandwich tins for about 25 minutes.

APPLE DOUGHNUTS

1 large cooking apple
Juice of ½ lemon
¼ level teaspoon grated nutmeg
¼ level teaspoon powdered cinnamon
4 oz. plain flour
½ level teaspoon salt
3 level teaspoons baking powder
2 eggs
6 oz. castor sugar
¼ pint milk
4 tablespoons melted butter
Icing sugar

Peel, core and slice apple thinly, cook to a purée with lemon juice, nutmeg and cinnamon and a little water. Strain and allow to cool.

Sift together flour, salt and baking powder. Beat eggs and sugar together until light and creamy, stir in the milk and melted butter with the cooled apple purée. Combine apple mixture with the sifted ingredients until well blended, adding a little extra flour if necessary, to form a soft dough, chill until it is easy to handle. Roll out the dough to ¼″ thickness, cut into rounds with a tumbler or biscuit cutter and fry in deep fat until brown on one side, turn and brown the other

side. Lift out and dip immediately into boiling water to remove any surplus fat, drain well and place on a baking sheet in a moderate oven until dry and crisp. Sprinkle with icing sugar and serve.

FRENCH APPLE CAKE

1 pound pared, cored and sliced tart eating apples
4 oz. demerara sugar
1 level teaspoon cinnamon or nutmeg
Rind and juice of 1 lemon
3 oz. butter

Batter mixture:

4 oz. plain flour
2 oz. castor sugar
1 level teaspoon baking powder
¼ teaspoon salt
2 egg yolks
1 tablespoon melted butter
6 tablespoons milk

Butter an 8″ pie dish or sponge cake tin, cover the bottom with apple slices, sprinkle with sugar, spices and grated rind and juice of the lemon. Dot the surface with butter and pour over the batter.

Sift flour, sugar, baking powder and salt together, blend in egg yolks, cooled melted butter and milk and beat thoroughly until smooth. Bake in a moderately hot oven (400°F. Mark 5) for 30–40 minutes, or until golden brown. Turn out onto a baking tray or oven-proof dish and allow to cool slightly.

RICH APPLE FRUIT CAKE

2 oz. candied peel
1 oz. crystallized ginger
4 oz. butter or margarine
4 oz. soft brown sugar
Grated rind of ½ lemon
¼ pint unsweetened thick apple purée
1 egg, whisked
12 oz. plain flour
½ level teaspoon bicarbonate of soda
1 level teaspoon powdered cinnamon
1 level teaspoon ground ginger
½ level teaspoon mixed spice
3 oz. currants and sultanas
3 oz. seeded raisins
3 oz. chopped walnuts
Castor sugar to dredge top

Chop the peel and ginger; cream together the fat, sugar and grated lemon rind and beat in the apple purée and whisked egg. Fold in the flour sifted with the dry ingredients and mixed with the fruit and chopped nuts. Beat mixture lightly and turn into a greased loaf tin. Dredge with castor sugar and bake in a slow oven (350°F. Mark 3) for $1\frac{1}{4}$ to $1\frac{1}{2}$ hours.

BERLINER APPLE GATEAU

$1\frac{1}{2}$ pounds cooking apples
Little water
Little rum
2 oz. demerara sugar
4 oz. butter
4 oz. flour
3 oz. castor sugar
2 oz. unsweetened powdered chocolate
1 egg, beaten
Rum-flavoured whipped cream
Glacé cherries and chopped walnuts

Peel and core apples and cut into thick slices. Poach gently in sufficient water/rum mixture to prevent burning, together with the demerara sugar, until soft but not 'mushy.' Leave to get cold.

To make the cake mixture: rub butter into sieved flour. Add castor sugar and chocolate powder. Pour in the beaten egg and mix well with the hands. Divide the dough in half and roll out. Bake in shallow square tins – moderate oven (375°F. Mark 4) – until nearly cooked (about 15 minutes). Then spread one layer with the apple. Place other layer of cake on top, and return to the oven for a further 15 minutes. Leave on tin to cool when cooked, then cut into pieces and serve with rum-flavoured whipped cream, decorated with glacé cherries and chopped walnuts.

APPLE SPONGE CAKE

Sponge:

4 oz. flour
4 eggs
4 oz. castor sugar
2 oz. butter melted
$\frac{1}{2}$ teaspoon vanilla essence

Sieve flour. Whisk eggs and sugar together until light and creamy over a bowl of hot water. It should be very thick and able to stand its own weight. Fold in flour and cooled melted butter. Add vanilla. Pour into two 8″ sandwich tins and bake in moderate oven (375°F. Mark 4) until well risen and golden. Turn out and cool.

Sauce and Garnish:

¼ pint water
¼ pound sugar
1½ pounds cooking apples, peeled, cored and sliced
Juice of ½ lemon
2 oz. hazel nuts, skinned, lightly toasted and coarsely chopped
1 oz. raisins, coarsely chopped
Rum
2 red eating apples, sliced
Juice of ½ lemon
Angelica

Make a syrup with water and sugar and boil for 4 minutes. Add sliced apples and cook to a thick purée. Put through a sieve and cool. Stir in lemon juice, chopped nuts, raisins and rum to taste. Cut sponge layers in half and place some of this sauce between the layers of sponge; sandwich together and coat the top and sides with remaining sauce. Chill, just before serving, decorate top of cake with slices of red eating apple dipped in juice of ½ lemon, and angelica.

APPLE NUT SQUARES

½ pound apples
6 oz. sugar
6 oz. flour
1 teaspoon bicarbonate soda
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon allspice
4 oz. butter or margarine (melted)
1 egg, beaten
3 oz. seedless raisins
2 oz. chopped walnuts

Peel, core and chop the apples finely, add sugar and allow to stand for 10 minutes. Sift the flour, soda, salt, cinnamon, nutmeg and allspice together twice. Melt butter, add to the beaten egg and pour onto apples and sugar. Stir in the flour

mixture, raisins and nuts. Pour into a greased 8″ square baking tin and bake in a slow oven (350°F. Mark 3) for 50 to 55 minutes. Leave 10 minutes before removing from the baking tin. When cooled, cut into squares and serve with ice cream and freshly cut slices of apple.

HOT APPLE MUFFINS

8 oz. plain flour
½ teaspoon salt
4 level teaspoons baking powder
¼ teaspoon cinnamon
¼ teaspoon nutmeg
2 eggs, beaten
½ pint milk
2 tablespoons melted butter
3 oz. castor sugar
2 medium sized apples, pared, cored and chopped
A little cinnamon and sugar to dust top

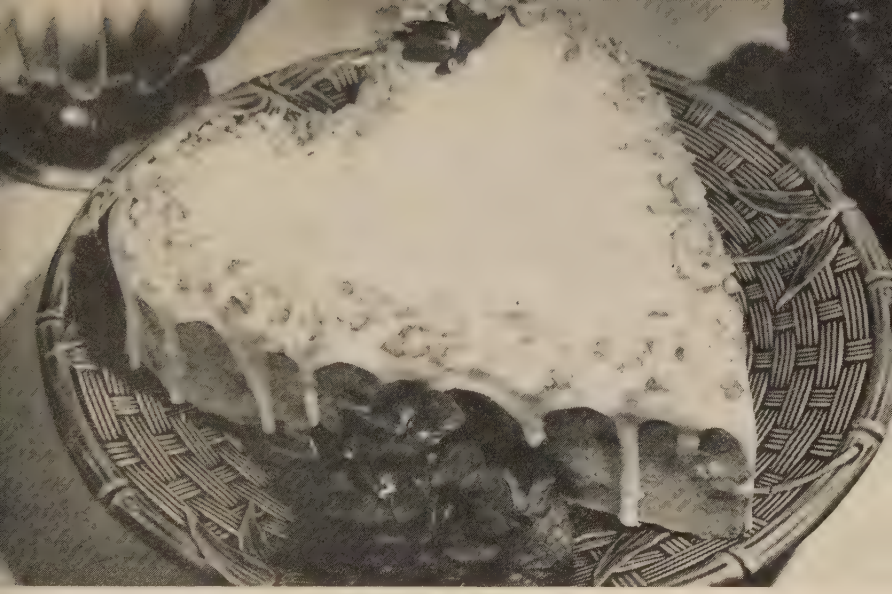
Sift together flour, salt, baking powder, cinnamon and nutmeg. Combine beaten eggs, milk and melted butter; add sugar and pour over dry ingredients and stir until they are just moistened. Stir in chopped apples. Grease muffin tins and fill two-thirds full with batter. Dust with cinnamon and sugar mixture. Pre-heat oven to moderate 375°F. Mark 4 and bake for about 30 minutes. Makes 24 2″ muffins.

Variation on the Apple Muffin theme

Mix muffin batter, as above, but omitting chopped apples. Spoon batter into greased muffin pans until two-thirds full. Pare, core and slice apples fairly thickly and place 2 or 3 slices, notched edges down, on the muffins. Sprinkle with cinnamon and sugar and bake in a fairly hot oven (425°F. Mark 6) for 20 to 25 minutes.

CHRISTMAS APPLE BREAD

4 level tablespoons butter
5 oz. sugar
2 eggs, well beaten
10 oz. flour
1 level teaspoon baking powder
1 level teaspoon baking soda
1 level teaspoon salt
1 large cooking apple, coarsely grated
Grated peel of 1 lemon
2-3 oz. chopped walnuts



Valentine apple cake

Cream butter and sugar until well blended; beat in eggs. Mix and sift flour, baking powder, baking soda and salt; add alternately with grated raw apple to egg mixture. Stir in grated lemon peel and chopped walnuts (batter will be stiff). Bake in greased and floured loaf pan, in a slow oven (350°F. Mark 3) for 50–60 minutes. Do not slice until cold.

VALENTINE APPLE CAKE

1 pound cooking apples
2½ oz. vegetable fat
8 oz. sugar
12 oz. flour
1 level teaspoon baking powder
¼ level teaspoon salt
2 oz. walnuts
6 oz. seedless raisins
Glacé icing

Cut apples into thick chunks and cook till soft in a covered pan with very little water. Sieve and flavour as desired,

Apple shortcake

Beat fat and sugar together till creamy and add apple sauce. Sift flour with baking powder and salt and fold into batter.

Coarsely chop half the walnuts, soak raisins in warm water till soft and add both to the mixture. Pour into large greased and floured heart-shaped tin about 2″ deep and bake at 350°F. Mark 3 for $\frac{3}{4}$–1 hour. Turn out, cool and cover with a thin layer of glacé icing. Finely chop remaining walnuts and sprinkle round top edge of cake.

APPLE SHORTCAKE

6 oz butter
3 oz. castor sugar
9 oz. plain flour
1 egg, lightly beaten
2 eating apples, cored and thinly sliced
$\frac{1}{2}$ oz. butter, melted
1 tablespoon apricot glaze
1 oz. walnuts, roughly chopped

To make the shortcake: cream the butter and sugar until light and fluffy. Stir in the flour and knead lightly to bind. Roll or press out in a 6″ square tin. Bake in a moderate oven (375°F. Mark 4) for 25 minutes. Remove from the oven, cut in 6 pieces and brush with beaten egg. Arrange the apples overlapping in rows on the shortcake. Brush with a little melted butter and return to the oven for a further 10 minutes. When cool, brush with apricot glaze and sprinkle with walnuts.

COFFEE APPLE CAKE

6 oz. castor sugar
4 oz. butter
2 eggs
8 oz. plain flour
1 level teaspoon baking powder
1 teaspoon bicarbonate of soda
1½ tablespoons sour milk
1 large cooking apple, peeled, cored and grated
1 level tablespoon coffee essence

Icing:

2 oz. butter
3 oz. castor sugar
Cherries and angelica, to decorate

Cream the sugar and butter until light and fluffy. Add the eggs one at a time, beating well. Sieve the flour and baking powder and stir in. Dissolve the bicarbonate in the sour milk and add with the apple and coffee essence, dissolved in a little water. Blend well and turn into a greased ring mould. Bake in a slow oven (350°F. Mark 3) for about 45 minutes.

To make Icing: Cream the butter and beat in the sugar. Cream until light and fluffy and pile on top of the cake when it has cooled. Decorate with cherries and angelica.

20 · Apples for Dessert

On the Continent, especially in France or Italy, where fresh fruit to end a meal is almost a cult, no lunch or dinner would be considered complete without its final fillip of tangy fruit for dessert. And to see a greedy Frenchman or an ebulliently food-conscious Italian pick over the fruit in the basket to find one just to his liking is to see an artist at work.

While most homes in this country have 'apples on the sideboard,' too few use them regularly on the table where they can do double duty as a table decoration and a dessert.

A fruit centre-piece can serve as a conversation-piece, too, lending its beauty and freshness as an added decoration to your table all through the meal. Try this idea from the South of France where huge wooden platters of fresh fruit are served for dessert decorated with fresh leaves and wild flowers for added table-glamour.

In America, it is the fashion to create interesting table centre-pieces of fresh fruits and nuts, with an occasional red pimento or purple aubergine thrown in to spark the colour arrangement. Apples can also be used, as they are in Scandinavia, for a colourful centre-piece, piled high in a pyramid and decorated with fresh green leaves.

These centre-piece desserts do double duty for today's busy

hostess. First, they look pretty during the meal. And then, when main-dish plates are cleared away and coffee cups appear, the hostess is as relaxed as her guests: for dessert is already on the table.

A fresh apple makes the perfect ending to a meal. It should be served slightly chilled, with a soft dew of moisture on its tight waxy skin. It should be firm to the touch with a flesh that is juicy, yet glassy-crisp. Eating an apple for dessert, too, is a wonderfully healthy way to end a meal; for the juices in this delicious fruit contain a magic 'detergent' that cleans away food particles and leaves your mouth and breath fresh-as-air and acid-free. Doctors and dentists all over the world agree that apples are 'Nature's Toothbrush.'

And then there are apples and cheese.

A colourful dessert suggestion for hostesses with a flair for successful entertaining is to serve bright red apples, Laxton's Superb or Red Delicious, golden pears and yellow-green Granny Smiths arranged in Meissen compotes with slices of cheese. Crisp apples, ripe pears, look whole – but are really cored, cut in wedges and lemon-juiced to halt browning.

The Continental food-lover has always known that apples blended perfectly with cheeses and wines for a happy ending to a meal. Light cheeses like Wensleydale, Gruyère, Dutch Edam or Cheshire lend themselves well to this combination: and the spicy crispness of a White Winter Pearmain or Lord Lambourne, when paired off with a heady Roquefort or Danish Blue, has to be tasted to be believed.

APPLE AND CHEESE TRAY

Apple slices hold nippy cheese balls. Camembert tops apple slices. Cream cheese, rolled in parsley, fills apple boats. Cheese spreads top apple wedges.

Cheese pineapple with apples

CHEESE PINEAPPLE WITH APPLES

1 pound Cheddar cheese, grated
½ pound Roquefort cheese, sieved
½ pound cream cheese
Juice of 2 lemons
2 tablespoons Worcestershire sauce
4 tablespoons warm milk
4 tablespoons mayonnaise
1 tablespoon chopped parsley
Cayenne pepper

Garnish:

Paprika
6 sliced stuffed olives
1 pineapple top

Mix all ingredients together until smooth, mould into the shape of a pineapple; dust with paprika, score and stud with sliced olives and top with pineapple leaves.

Surround pineapple with cored and sliced, red and green eating apples soaked in lemon juice; cored apple slices topped with cream cheese balls, dusted with parsley or toasted almonds, and apple wedges spread with Roquefort cheese and dusted with parsley. Use the fruit of the pineapple for a sweet.

CONNOISSEURS DESSERT TRAY

Place vine, or other green leaves in the centre of a large silver or glass tray. On the leaves arrange a small pyramid of glossy red apples. Around them place cored apple rings which have been brushed with lemon juice to prevent browning, each ring overlapping a little to form a circle. On the outer rim of the plate or platter place individual wedges of cheese – Roquefort, Danish Blue, Camembert, Wensleydale, Gruyère and golden Cheddar. The fruits, of course, are used in place of biscuits and the wine should be port or Madeira. You'll be delighted with the flavour combination.

FROSTED APPLE SLICES

Apple slices may be 'frosted for a showy effect.' Core, but not peel, eating apples, and cut them into thin wedges. Dip them in egg white that has been beaten until foamy, then in confectioners' sugar. Chill them in refrigerator for several hours. Serve them with frosted grapes and fruit-flavoured yoghourt for a low calorie dessert.

21 · Apple Snacks

THERE is no nicer way of eating an apple than out-of-hand; raw, crisp, juicy, perfectly refreshing. The ideal snack, an apple satisfies your hunger without spoiling your appetite for the next meal. That I proved when I was young. Each birthday, my sisters and I got a forty pound box of apples – a week later there was never one left, yet we never missed a meal.

Sometimes, however, we want a snack to hold off hunger for an hour or two, to fill in for a missed meal; sometimes even, just because we feel greedy. No tastier bite exists than these mouthfuls of apple freshly combined with cheese or chicken, bacon or crab.

Get the apple habit when you feel peckish: raw or cooked, they are delicious, they are light, and oh, so satisfying!

APPLE RAREBIT—I

½ pound Cheddar cheese
2 oz. butter
¼ pint brown ale
1 egg
Salt and freshly ground black pepper
4 slices toast
2 red eating apples
Oil for brushing

Grate the cheese, put in a saucepan with the butter, ale, egg and seasoning, and stir over a low flame until smooth

and thick. Pile on the toast. Core apples, and slice without paring. Arrange on top of the cheese, brush with oil and place under grill for a few minutes. Serves 4.

APPLE RAREBIT—II

Cook grated cheese, butter, ale, egg and seasoning as above until smooth and thick. Grill until brown and serve topped with a grilled apple slice and a grilled rasher of bacon.

APPLE SNACKS

As between meal snacks or fruit appetizers for tea, apple slices dipped in lemon or other citrus fruit juice to keep them from browning, make wonderful sandwiches when filled with any of the following savoury mixtures:

(1) Roquefort or Gorgonzola cheese, creamed with an equal quantity of soft butter.

(2) Cream cheese mixed with chopped nuts, chives or ginger.

(3) Peanut butter mixed with crumbled fried bacon bits.

(4) Diced ham, chicken or turkey mixed with finely chopped celery and mayonnaise.

(5) Diced tuna fish, salmon or crab mixed with minced onion, green pepper, celery or pimento and mayonnaise.

(6) Mincemeat and honey.

To prepare apple slices: Wash and core fresh eating apples, both red and green, and cut them into $\frac{1}{4}$" rounds, leaving the peel on. Soak these 'sandwich rounds' in a bowl of lemon juice. You will find that they will stay white and crisp for at least an hour at room temperature.

SAVOURY APPLE CRUMPETS—I

3 thin slices cheese
3 crumpets
1 red eating apple, sliced
Lemon juice

Place three slices cheese on three of the crumpets. Place under a grill and brown. Garnish with slices of eating apple, dipped in lemon juice to keep their colour.

SAVOURY APPLE CRUMPETS—II

3 crumpets
Lettuce
1 small tin salmon or tuna fish
1-2 tablespoons mayonnaise
Black olives
1 red eating apple
Lemon juice

Grill other three crumpets and cool. Place lettuce on top. Mix salmon or tuna fish with mayonnaise and one or two chopped black olives and pile on the lettuce. Slice apple and dip in lemon juice. Place on the salmon with an olive in the centre.

FRENCH LOAF WITH HAM, CUCUMBER, APPLES AND CHEESE SLICES

1 French loaf
Butter
Crisp red eating apples
Firm cheese
1 cucumber
Sliced ham
Lettuce
Spring onions
Celery

Cut the French loaf into 2″ slices and spread with butter. Cut the apples into thin rings. Slice the cheese and cucumber. Place a slice of ham, cheese, cucumber and apple between each piece of bread, fastening with cocktail sticks, if necessary. Place the lettuce in a long thin basket, with the loaf on top. Have spring onions and celery sticking out of the end.

STUFFED PICNIC LOAF

1 thick French loaf
1 oz. butter
Lettuce leaves
4 slices smoked ham
1 large tomato, sliced
3 or 4 slices liver sausage
1 red apple, cut in wedges
Lemon juice
Green pepper, cut in strips

Apple rarebit

Cut bread into 3 horizontal slices, and butter each layer. On bottom slice put layer of lettuce leaves, one of smoked ham and slices of tomato. Place middle slice of bread in position, and cover with layer of liver sausage and wedges of apples, dipped in lemon juice to avoid discoloration. Top with lettuce leaves and place third slice of bread in position. Garnish loaf with a few strips of green pepper placed around the middle slice of bread.

SAVOURY PICNIC ROLLS

1 medium onion, chopped
1 tablespoon olive oil
½ pound sausage meat
1 small apple, peeled, cored and chopped
Salt and pepper
6 baps (or bread buns)
Butter
2 red-skinned eating apples
Lemon juice
To Garnish : Watercress, gherkins and stuffed olives
1 lettuce

Fry chopped onion in olive oil until transparent. Drain and mix with sausage meat and chopped apple. Season to taste with salt and pepper. Divide into 6 and shape into flat round cakes. Dry in shallow fat for 10 minutes. Drain and cool.

Savoury apple crumpets

Split the baps, butter them and place one sausage cake in each of their halves. Core remaining apples and cut in rings. Dip each ring in lemon juice to preserve colour and place on the sausage cake. Cover with the tops of the bap and garnish with watercress, gherkins and olives. Wrap in foil for a picnic and serve with lettuce. Serves 3 to 6.

BARBECUE BITES

2 tins luncheon meat
Beaten egg
Browned breadcrumbs
Deep fat for frying
4 apples, peeled, cored and halved
Sugar syrup, made with 4 oz. sugar and ½ pint water
Apricot glaze
Watercress and radishes for garnish

Cut luncheon meat into large cubes (approx. $1\frac{1}{4}''$); dip in beaten egg and then in breadcrumbs. Fry in deep fat until golden brown. Poach apple halves in sugar syrup until just soft. Place 4 cubes of meat on each skewer, not quite touching, and place on a dish.

Pile apple halves on one side and brush with apricot glaze. Garnish dish with watercress and radishes.

TOFFEE APPLES—I

4 small eating apples
8 oz. granulated sugar
3 tablespoons cold water
Pinch of cream of tartar
3 tablespoons melted butter
1 teaspoon vinegar

Place the sugar and water in a saucepan and heat gently until the sugar has dissolved. Add cream of tartar, butter, and vinegar and cook to the 'soft-crack' stage. Remove from the heat, dip in each apple and place on a greased baking sheet to harden.

TOFFEE APPLES—II

6 small apples
1 pound demerara sugar
$\frac{1}{4}$ pint cold water
2-4 oz. fresh butter

Wash the apples and place each on a skewer. Dissolve the sugar in the water, add the butter, bring to the boil and cook to 300°F. Dip the apples in as before, remove onto an oiled baking sheet and allow to set.

22 · Preserving with Apples

GOOD home-made jams, pickles and preserves are a luxury that no household should be without. And a luxury well within everyone's reach. For there is nothing you can buy that will equal the row of glittering jellies, jams, and spicy preserves made by yourself. One of the pleasures of my childhood was my mother's special home-made plum jam. My brothers and I used to pick the sharp fruit of a plum tree growing on the farm and mother bottled it with apples. It proved a yearly delight.

Making jelly and jam is simplicity itself if you follow a few basic rules:

1. Use dry, barely ripe fruit to make sure your jam or jelly sets.

2. Soft fruit need only be washed in a colander. Hard fruit should be washed or wiped and if very large, cut into pieces. Do not remove the peel or core from apples as these are a valuable sauce of pectin which 'sets' the jam or jelly.

3. Warm sugar before adding to the boiling fruit as this prevents lowering the temperature.

4. When sugar is completely dissolved, boil briskly, stirring jam gently and slowly until it sets on trial. Boiling too long darkens the colour of the jam and spoils the flavour.

5. Skim jam, if necessary, towards the end of cooking.

6. Have jam jars perfectly clean, dry and warm before filling and fill quite full to allow for shrinkage.

Let the sharp accent of apples lend excitement to preserves and chutneys. We must thank the Indians for giving us chutneys – smooth, thick *purées* of fruits and vegetables, flavoured with the salt, spices and vinegar that preserve them. Apples play a dual role in chutney-making; they are used both for their tartness and for their malic acid content.

APPLE JAM

4 pounds tart cooking apples
Juice and finely grated rind of 2 lemons
1 saltspoon of ground cinnamon
$\frac{1}{4}$ pint water
3 pounds preserving sugar

Peel, core and cut the apples into thick slices. Place them in a preserving pan, add lemon rind and juice, cinnamon and water with apple cores and peel in muslin bag, and cook gently until reduced to a pulp, stirring occasionally. Remove cores and peel. Add the sugar and continue cooking until dissolved, stirring frequently to prevent the preparation sticking to the bottom of the pan. Pour into jars at once, cover closely and store in a cool place.

CANADIAN APPLE CHEESE

6 pounds cooking apples
4 pounds sugar
$\frac{1}{4}$-$\frac{1}{2}$ pint lemon juice
2 cloves, tied in muslin

Boil cooking apples in water until the skin begins to crack. Drain; remove apple skins and grate apples coarsely. Sprinkle with sugar and pour over lemon juice. Keep overnight in a cool place; then put mixture in a clean enamelled pan with cloves and cook, stirring frequently until it becomes clear and will set firm. When nearly cold, press into jelly glasses, from which it may be easily turned out.

APPLE WALNUT CHUTNEY

4 pounds apples
1 pound raisins
6 cloves
6 oz. chopped walnuts
1 to 1½ pints vinegar
2 oranges
2 lemons
2 pounds brown sugar

Peel, core and chop apples finely. Chop raisins. Cook apples, raisins, cloves and nuts with a pint of the vinegar until apples and raisins are soft. Grate the rind of the oranges and lemons and combine with sugar; add this to the cooked ingredients with the orange and lemon juice, and more vinegar if desired, and simmer until thick.

Makes 8 pounds chutney.

APPLE BANANA CHUTNEY

4 pounds apples
3 bananas
1½ pounds onions
½ pound raisins
½ pound currants
1 pound brown sugar
1 tablespoon black treacle
1 pint vinegar
1 tablespoon salt
Pinch cayenne
2 oz. crystalized ginger, chopped

Peel, core and chop apples finely; slice bananas; peel and slice onions; chop raisins; clean currants. Put all in pan with the sugar, treacle, vinegar, salt, cayenne and chopped ginger. Simmer gently for 1 hour, stirring frequently. Put into jars with a few spices in each jar and tie down securely.

APPLE MINT CHUTNEY

4 pounds apples
2 pints mint leaves
1 pound onions
1 pound tomatoes
1 pound currants
2 pints vinegar
1 tablespoon dry mustard
1 tablespoon salt
1½ pounds brown sugar

Peel, core and chop apples finely with mint leaves, onions, tomatoes and currants. Add 1½ pints vinegar and cook until soft with mustard and salt. Pour ½ pint vinegar over the

sugar and stir to dissolve. Add to the cooked ingredients and simmer again until thick.

Makes 8 pounds chutney.

APPLE JELLY

6 pounds cooking apples **4 pounds sugar (approx.)**

Cut the apples into quarters without peeling or coring and cover with cold water in a saucepan. Bring to the boil and cook gently but thoroughly. Put apples in a strainer with a muslin lining and drain overnight. Measure the liquid, and add 1 pound sugar to every pint liquid. Bring to the boil, after dissolving the sugar, and boil rapidly until the jelly will set when tested. The green apple liquid will change to a soft amber during the cooking time. Turn into hot sterilized jars. Seal when cold.

Makes 6 pounds jelly.

AMERICAN APPLE BUTTER

6 pounds apples
2 pints cider
Preserving or granulated sugar
Lemon juice and grated rind
2 level teaspoons allspice
½ level teaspoon nutmeg
2 level teaspoons cloves

Wash and cut up apples. Put into a pan with the cider and cook over a low heat until tender. Pass through a sieve. Weigh pulp and allow 1 pound sugar for every pound of pulp, and the rind and juice of 1 lemon. Add remaining ingredients and cook over a low heat, 45–60 minutes, until thickened. Turn into hot sterilized jars. Seal when cold.

Makes 6 pounds apple butter.

APPLE MINCEMEAT

1½ pounds apples
1 pound currants
1 pound raisins
¾ pound suet
1 pound brown sugar
¾ pound mixed peel
2 oz. each allspice and cinnamon
½ bottle sherry
4 tablespoons brandy

Peel, core and chop apples, finely. Chop currants, raisins and suet finely; mix with other ingredients and turn into hot sterilized jars. Seal when cold.

APPLE CITRUS GINGER

6 pounds apples
1 oz. whole root ginger
1 pound granulated sugar
2 pounds brown sugar
Pared rind and juice of 2 lemons
Pared rind and juice of 2 oranges

Peel, core and chop apples. Chop ginger.

Place the apples, sugar, chopped ginger and lemon and orange rinds in layers in an earthenware crock or bowl. Pour over lemon and orange juice. Cover and leave 48 hours.

Turn into a large saucepan; bring to the boil and boil for 20–30 minutes or until a little will set when tested. Strain through a fine sieve into hot sterilized jars. Seal when cold.

APPLE CHUTNEY

4 pounds apples
1½ pounds onions
½ pound raisins
¼ pound sultanas
¼ pound currants
1 pound brown sugar
1 tablespoon black treacle
1 pint vinegar
1 tablespoon salt
Pinch cayenne

Peel, core and chop the apples finely; slice the onions; stone and chop raisins and sultanas; clean the currants. Put all in pan with sugar and treacle, vinegar, salt and pinch cayenne. Simmer gently for 1 hour, stirring frequently. Put into jars with a few spices in each jar and tie down securely.

APPLE CURD

2½ pounds cooking apples
Juice and grated rind of 2 lemons
6 oz. butter, softened
3 eggs, beaten
1 pound sugar
¼ pint water
¼ teaspoon ground ginger

Pare, core and chop apples finely and simmer slowly to a pulp with lemon juice, lemon rind, and enough water to barely cover bottom of the pan. When soft, beat well until smooth; add softened butter, beaten eggs, sugar, water and ground ginger. Mix well and cook over water or in double saucepan until thick.

SPICED APPLES

3 pounds small apples
¼ pint water
¼ pint vinegar
¾ pound sugar
1 teaspoon grated orange peel
3 one-inch sticks cinnamon
1 level tablespoon whole cloves

Peel apples and keep in water with a little vinegar added.

Combine water, vinegar, sugar, orange rind, cinnamon and cloves and bring to the boil, stirring until sugar is dissolved. Place half the apples in the syrup and poach slowly until tender. Pack tightly in hot sterilized jars. Cook and pack the rest of the apples. Fill the jars with hot syrup. Seal when cold.

Makes 2 to 3 pints.

APPLE SYRUP

A useful apple syrup can be made with apple cores, peelings and left-over bits of apple by adding ½ pint of water, ¼ pound sugar and a pinch of salt to ½ pound mixed apple bits.

Boil mixture gently for 20 minutes.

Add ½ tablespoon lemon juice; strain and use on pancakes, waffles and fruit fritters.

This is also a flavoursome base for poached apple slices or a fresh fruit compote.

APPLE CHEESE SANDWICH SPREAD

4 oz. apple butter (apples pared, cored and cooked to a very thick pulp with sugar to taste)
1 packet cream cheese
2 tablespoons milk
2 tablespoons chopped walnuts

Combine ingredients and beat until well blended. Use as sandwich filling.

23 · Apple Diets

Let Apples do your figure-work
The Young way to get into shape

THE time's ripe for the apple diet! It's as easy on the body as it is on the purse. It's a health and beauty routine that gives energy to young muscles, clears youthful skins and chases puppy-fat away.

Apples are good food, chock-full of valuable vitamins, minerals and carbohydrates. Low in calories, you can eat them by the sackful and still be slimmer.

Apple-Cheeked Health

Apples are approved by doctors all over the world as a cure for pimply skin and a sluggish constipated body. They make the eyes brighter and complexions glow. They stimulate a healthy circulation. Each bite puts fresh blood in your veins.

When you feel you're starving, eat an apple and tempt yourself into shape. A currant bun has three times as many weight-giving calories – and it won't do half as much for your complexion. Even a small ice cream contains more than twice as many calories as an apple and it hasn't half the health-giving qualities of fresh fruit.

Seven Ways to stay in Shape

1. At home, keep a bowlful of apples on the kitchen cupboard; in the office, keep a polythene bag of apples in your office drawer. When the girls take the cake at the tea break, you munch mouthfuls of health and feel good about it.

2. When you're watching television, have a bowl of apples within arm's reach and take one instead of smoking. You'll find you won't want to rush to the kitchen at intermission and gorge.

3. Cook up some variations on the apple theme. Make a jelly with apple juice. Bake porcupine apples stuck with almonds. Whip apple snow, a froth of purée and white of egg. Apart from their nutritious value they're big money savers, too!

4. Eat an apple when the alarm goes. It's better for freshening your mouth than the early morning cuppa.

5. Take it easy one week-end and try the one day apple diet. It's a clear-up for your constitution and wonderful for quickening the blood-stream.

6. Try eating an apple last thing at night before you go to bed. You'll find the soothing digestive juices will ease you into a deep contented slumber and your mouth will feel fresh and clean.

7. Finally, whenever a chocolate bar gives you the eye eat an apple instead. It'll keep your weight down, your complexion fresher and your eyes brighter.

One Day Apple Diet

8 – 9 a.m.	Eye opener	Apple Muesli
10 – 11 a.m.	Elevenses	1 apple or apple juice
12 – 1 p.m.	Lunch	Baked apple, or stewed apple and fresh orange compote
4 p.m.	Tea	1 apple or apple juice

7 – 8 p.m.	Dinner	2 apples and slice Gruyère, or baked apple, or stewed apple and fresh orange compote.
10 – 11 p.m.	Before going to bed	1 apple or apple juice

24 · Decorating with Apples

PUT APPLES IN THE PICTURE AT CHRISTMAS . . . they are as gay as glass baubles and quite unbreakable when used to add festive glow and colour to Christmas decorations. And they are deliciously eatable, too.

Apples contribute their own festive look and colour to these Christmas decoration ideas from many countries. Scandinavia, Germany, France and the United States all think of the apple as an intrinsic part of their Christmas tradition.

Here are some of the most attractive ways of using simple materials to transform your home into a bright, Christmas setting.

Apple Candlesticks

Add to the gaiety and festivity of Christmas by making some gay little apple candlesticks to place beside each guest's plate. They're so easy to make and the children will love them.

Choose large red eating apples – Worcester Pearmain, Lord Lambourne, or one of the Canadian McIntoshes would do splendidly – and cut a 'candlehole' in the top of each apple. Then insert white candles and decorate each apple with a sprig or two of holly.

If the apples are not quite flat on the bottom, you'll find that another sprig of holly or greenery at the base will hold your apple candlesticks steady.

Danish Apple Tree

An amazingly simple Christmas decoration is a Danish apple tree for your fireplace wall or for the dining-room sideboard. All you need are some wooden slats – a fruit crate from your grocer will do – some fine wire, evergreen, lots of red apples and about half a dozen Christmas balls, and you'll have a conversation-piece Christmas tree that you'll be proud of.

Make the tree trunk from a straight piece of wood, or two thin slats nailed together. Make your 'branches' from thin slats nailed onto the trunk in a zigzag pattern. Plant the tree in a tub or pot, according to the size you have chosen to make, and cover wood with evergreen fixed to trunk and branches with wire. Place tree flat against the wall and decorate with glossy red apples and Christmas balls, fixed to the tree with wire.

Hanging Apple Wreath

For a bit of Christmas cheer . . . give a glorified twist to the traditional wreath by making a glamorous apple wreath to hang from the ceiling.

To make the Hanging Apple Wreath, bind sprigs of holly or evergreen to a child's hoop or firm wire circle. Six bright satin ribbons hang this wreath like a chandelier. Knot them in a bow at the top to take the weight, loop them once round the wreath, fasten securely with wire, and let ribbon ends hang free. Brightly polished red apples attached to the end of each ribbon give a final brilliant touch.

Christmas Apple Wreath

Christmas is a time of good will and friendliness. Set your holiday welcome right at your front door with a handsome

apple-trimmed wreath. Or try it over the fireplace, or above a groaning Christmas sideboard. The wreath is made from a child's hoop (or any wooden or wire circle) wrapped with glossy evergreen. Six to eight red apples, threaded with wire, are then attached to the wreath. The last bright touch is a gay ribbon, wound decoratively around the wreath and finished in a big bow. If the wreath is to be used outdoors, be sure to use a weatherproof fabric.

Apple Pyramids

A long table or large sideboard looks all the better for these exciting end-pieces. Use a wooden tray – or copper or pewter if you have any – and make a pyramid of green and red apples. To hold the apples firmly in place, thread them with wire. Then decorate the pyramid with shiny green leaves and sprigs of holly. You'll need twelve to sixteen apples to make each pyramid but this is no problem, as apples are unlikely to be expensive at Christmas.

Apple 'Santa' Place Cards

Father Christmas never goes out of fashion with the small fry. Popular place cards for parties can be made with round red apples for a jolly red face, tufts of cotton wool for beard, whiskers, eyebrows and fur on a red paper Santa Claus hat. Features can be added with eyebrow pencil.

Christmas Apple Towers

Set your family to work making delightful Apple Towers . . . gay accents for a Christmas table, buffet or mantelpiece.

All that's needed for each 'tower' are four of the brightest apples you can find and one knitting needle. Simply skewer the apples in order of size onto the needle and decorate between each apple with sprigs of holly or other Christmas greenery.

If the apple tower is a little wobbly, you'll find that a little plasticine or a sprig of greenery at the base will hold it steady.

Christmas Apple Wreath

NO NEED TO SPEND A FORTUNE ON GIVING YOUR HOME A FESTIVE AIR. Rosy red apples, so plentiful and at their peak of perfection at this time of year, look wonderful in these easy do it yourself Christmas decoration ideas. And they're as fun to make as they are gay to look at!

GAY GREETING TO EVERYONE . . . that's what a bright wall decoration like a charming Christmas Apple Wreath can do for you and your holiday house. Use this golden wreath for your fireplace wall or to highlight your Christmas buffet.

The foundation of the wreath is made from wire bent double and shaped into a horseshoe. Laurel leaves, brushed with shimmering gold paint, are wired to the horseshoe frame, and eight rosy-cheeked apples – choose Cox's Orange Pippins, Worcester Pearmains, or Canadian McIntoshes – threaded through with wire, are then attached. Final bright touches include tiny sprigs of ivy, a few painted fir cones and gleaming Christmas balls.

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APPLE

This easy chart shows when fresh apples are available in the shops throughout the year

		JAN	FEB	
CANADA	*Jonathan*	●		
	McIntosh	●		
	Golden Russet	●		
	Delicious	●	●	
	Rome Beauty	●	●	
	Winesap	●	●	
SOUTH AFRICA	*Dunn's Seedling*			
	Golden Delicious			
	Red Delicious (Starking)			
	Rome Beauty			
	White Winter Pearmain			
	Granny Smith			
NEW ZEALAND	*Cox's Orange Pippin*			
	Jonathan			
	Delicious			
	Golden Delicious			
	Granny Smith			
	Sturmer Pippin			
AUSTRALIA	*Cleopatra*			
	Jonathan			
	Delicious			
	Granny Smith			
	Democrat			
	Sturmer Pippin			
UNITED KINGDOM	*Laxton's Fortune*			
	Worcester Pearmain			
	Lord Lambourne			
	Cox's Orange Pippin	●	●	
	Laxton's Superb	●	●	
	Bramley's Seedling	●	●	

CALENDAR

APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
							3	3
5	6	1						
3	6	6	4	2				
4	6	6	4	3				
4	7	7	4	3				
1	1	1	1	1	2	3	3	3
					1	4	3	4
						3	3	3
						2		1
1	1	1	1		1	1	1	1